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# A D V I C E

TO THE

## FEMALE SEX in GENERAL,

Particularly those in a State of

## PREGNANCY and LYING-IN:

THE

Complaints incident to their respective Situations are  
specified, and Treatment recommended,

Agreeable to MODERN PRACTICE.

The Result of *Observation* and *Experience*.

TO WHICH IS ADDED, AN

## A P P E N D I X,

Containing some Directions relative to the

## MANAGEMENT of CHILDREN,

IN THE FIRST PART OF LIFE.

---

By JOHN GRIGG, *Practitioner in Midwifery.*

SURGEON to the PAUPER-CHARITY in BATH, and late  
of his Majesty's Navy.

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Quædam custodienda prægnantibus omittit, facit omittenda.

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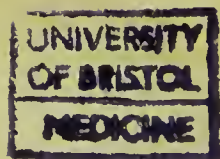
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M,DCC,LXXXIX.



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# P R E F A C E.

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THE following pages contain an attempt to alleviate, if not to prevent the painful and hazardous circumstances the Female Sex are subject to, from inexperience, or neglect of the conduct requisite in their situation at certain well known periods of life, and likewise before and immediately after the birth of children.

The author, as well from the careful perusal of publications of credit on the same subject, as from observations in the course of his own practice, recommends such precautions as appear to him necessary to be attended to in such cases, that errors too often committed, may be studiously avoided.

If what he has advanced may in any measure promote the desirable and humane purpose of general utility, or be the least addition to the treasure of useful information already published, he will consider his time and attention, employed in drawing up this essay, in the intervals of his other engagements, as to the furtherance of the end proposed. Upon this work, such as it is, the public will form its judgment, and thereby its fate be determined. Whatever that may be, nothing farther remains to be said, than that the writer has faithfully endeavoured to serve the community, to the utmost of his power, in the way which he thought himself best able.

BATH,

April 2, 1789.

C O N T E N T S.

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# C O N T E N T S.

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## S E C T I O N I.—PAGE 1.

THE great care and attention paid by the ancients to the Female Sex, and by others in later times—importance of the conjugal relation—duties of that state connected with bodily health—province of married women—knowledge requisite for their situation—bad effects of a deficiency in the education of daughters—time of life most proper for instruction—hints to those who have the management and direction of their younger years.

## S E C T I O N II.—PAGE 11.

The commencement of the menses an important period—ill effects of inattention to complaints in the early part of life—chlorosis and consumptions—health of the inferior class of women—retention of the menses—danger of administering forcing medicines at the time when they are usually expected.

## S E C T I O N III.—PAGE 20.

Means of strengthening relaxed habits connected with retention of the menses—cold bath recommended, and bathing places in large towns—when improper to be used—moderate exercise good effects of—evacuations—sea-bathing, sea-air and voyages—caution to travellers—anxiety of mind a great obstacle to the good effects of exercise—what degree of it most proper—danger from unskilful treatment—able practitioners to be unreservedly consulted—remarks on steel preparations and tonic medicines.

## S E C T I O N

## S E C T I O N IV.—PAGE 32.

Suppression or obstruction of the menses—causes thereof—importance of preserving a free and equal circulation—perspiration carefully to be kept up in warm climates—negligence of many in this country—imprudent exposure to cold—caution to those who are fond of dancing—extraordinary moisture in the feet—danger of suppressing it—cases which prove the ill consequences of imprudencies during menstruation.

## S E C T I O N V.—PAGE 44.

Bath waters recommended in cases of obstructed menstruation—directions to those who bathe—mode of living to be observed during the menstrual periods—influence of the passions.

## S E C T I O N VI.—PAGE 53.

Painful menstruation—effects thereof—method of cure.

## S E C T I O N VII.—PAGE 57.

Redundant or immoderate menstruation—who are most liable to it—when with propriety restrained—what conduct is necessary to be observed by those who labour under it—observations on the causes of the Fluor albus—its effects, and the fallibility of external remedies—directions for those who are affected with it at any period of life—stricture on certain remedies given for this complaint.

## S E C T I O N VIII.—PAGE 67.

Final cessation of the menses—the gradual manner in which it is brought on—some constitutions improved thereby—groundless apprehensions removed—precautions and the management necessary at this critical juncture.

## S E C T I O N IX.—PAGE 74.

The change produced in the constitution by PREGNANCY—its symptoms aggravated by mismanagement—from whence complaints incident to that state originate—indispositions in the early months—who are most affected by them—treatment in cases of vomiting—bleeding when with propriety used—heartburn treatment thereof—relief of flight affections—complaints occasioned by costiveness—what medicines are most



most proper for correcting that habit—vulgar prejudices against aperients, &c.—fruit recommended, and a caution to those who eat thereof—dangerous consequences of swallowing indigestible substances, and inattention to the state of the body during pregnancy.

S E C T I O N X.—PAGE 89.

Diet for pregnant women—advantages arising from its simplicity—propriety of adapting it to particular circumstances—a vulgar opinion refuted—cravings for particular food—when an indulgence therein may be allowed—effects of improper regimen upon the infant—moderation recommended.

S E C T I O N XI.—PAGE 96.

Affections of the breast in consequence of conception—treatment thereof—too straitened dress very injurious to those parts, as well as to the organs of respiration—sinking of the nipples—in what manner restored to their natural state.

S E C T I O N XII.—PAGE 101.

Treatment of certain complaints in the first months—dejection of spirits, and irritability of the constitution considered—the evil tendency of exciting painful apprehensions of those who are thereby affected—means of diverting the mind from melancholy ideas—the great advantages of exercise—dissuasive from an indulgence in the use of spirituous liquors.

S E C T I O N XIII.—PAGE 109.

Flooding—danger which attends it—how it may be distinguished from the menstrual discharge—necessity of an early attention thereto—treatment during its continuance.

S E C T I O N XIV.—PAGE 116.

Miscarriage—necessity of rest when the event has taken place—vulgar notion respecting abortion—mischiefs resulting therefrom—causes which induce that disaster—probable means of prevention.

S E C T I O N XV.—PAGE 126.

Disorders in the latter months of pregnancy—importance of attention to them—from whence they arise—means of relief.

S E C T I O N

## S E C T I O N XVI.—PAGE 143.

Introduction to LABOUR—evident marks thereof—effects of premature confinement—patience recommended during that state.

## S E C T I O N XVII.—PAGE 157.

The modern treatment of lying-in women and that of former times considered—the advantages and disadvantages resulting from the one and the other.

## S E C T I O N XVIII.—PAGE 172.

Treatment necessary to be observed after delivery—state of the patient at that time—the great advantages of repose of body, tranquility of mind and a cooling regimen.

## S E C T I O N XIX.—PAGE 187.

Puerperal or child-bed fever—principal causes thereof—importance of attention to its earliest symptoms—treatment necessary upon its commencement, and the advantages of the immediate use of proper remedies—distinction between this and some other complaints—danger of too firm a reliance on the natural powers of the constitution—signs of convalescence.

## S E C T I O N XX.—PAGE 208.

Secretion of the milk—conduct necessary to be attended to at the time of its coming—advantages resulting from the early application of the child to the breasts, and the injurious consequences arising from forcibly drawing these tender parts—a mode of suction recommended—management of the several diseases to which these sensible organs and their appendages are liable at the time of lying-in, &c.—mothers advised to suckle their own children;

## S E C T I O N XXI.—PAGE 245.

Recovery from lying-in—by what accidents retarded—how completely and speedily effected—conclusion.

## A P P E N D I X.—PAGE 257.





## ADVICE to the *Female Sex*, &c.

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### S E C T. I.

*The great care and attention paid by the ancients to the female sex, and by others in later times—importance of the conjugal relation—duties of that state connected with the preservation of bodily health—province of married women—knowledge requisite for their situation—bad effects of a deficiency in the education of daughters—time of life most proper for instruction—hints to those who have the management and direction of their younger years.*

AS some of the ancients renowned in history, thought it their noblest and most important work, to prescribe rules for the early institution of youth, so others began their care of mankind even before their birth, and employed much thought and diligence with respect, not only to the diet, but the entertainment of women in a state of pregnancy.

For these salutary purposes such prudent means were suggested as had a tendency both to preserve the health of their bodies, and compose their minds with the best temper in their waking and sleeping hours, during the time that they carried their burden.

Hints so benevolent to the human race, communicated by the sages of antiquity and improved by writers of the first distinction in succeeding times, being calculated no less for the benefit of society in general than for the happiness of families in particular, have been always approved and carefully observed by those, who, in the discharge of the important offices of husbands and citizens, have wished to acquit themselves with fidelity and honor.

In a connection of so much consequence as that of marriage, which to preserve inviolate is the express intention of laws both divine and human, and “by which relations dear and all the charities of father, son, and brother first were known,” every man of integrity will act in a manner consistent with the obligations, whether social, sacred, or civil, which by his own choice he has taken upon himself. For being influenced, by a full conviction of what is due to his partner for life, to the alliance

alliance he has contracted and to the community of which he is a member, but much more so by a principle of gratitude to one, who in preference to all others has committed herself to his protection, he is ready, in return of the trust and confidence reposed in him, to give every proof of attention, care and affection upon all occasions, but more especially when those evidences of conjugal attachment are most required.

Upon such a conduct much depends, because if in the matrimonial state the sex is entitled to the exertion of every effort of respect and kindness, from the characteristic delicacy of their constitution, the help and comfort they administer in the several departments of domestic life, and the pleasing hope derived from them of human succession, how much more regard and tenderness ought to be shewn to them in the critical period of pregnancy, a situation which demands all the sympathy which a man of the purest sensibility can feel.

If no office then on the part of a prudent and tender husband is omitted, a sensible and affectionate wife will cheerfully perform every duty incumbent on her, for his and her own sake; and experience teaches both, that to receive and communicate such endearing services as belong to the

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relation

relation they bear to each other, constitutes their mutual felicity. Persons so united upon right principles will be thus disposed, and thus conduct themselves in this first and most important of all social connections.

Whilst the man therefore under the strongest inducements, shews his attachment in all circumstances of life, by every act of kindness to his wife, in the support of her health, ease and comfort, in soothing and alleviating every care and anxiety she may have upon her mind, particularly when in the state already mentioned, apprehensive of the pain and danger of child-bearing, it should be her great concern, as, at all times, to express every instance of respect to her best and dearest friend, so then with more than common attention to maintain that good understanding with him and all her domestics, which is essential to that peace and serenity, which for her own safety and the hope of her family should be her constant study to preserve.

Happy would it be for those, who enter into the conjugal relation, if counsels given to inform the understanding and motives urged to direct the heart by the most consummate wisdom and philanthropy, were more closely attended to than they generally have

have been. But when these are overlooked and the reverse of a conduct, as above represented, takes place in those who are so intimately connected, it injures that harmony which should subsist between them, and must render the pregnant state not only painful, but hazardous: and it is no less an undeniable, than a disagreeable truth confirmed by daily experience, that whosoever, in any rank or condition of life, counteract the purport of this divine institution, entail upon themselves, if not their children, the worst of consequences.

To prevent which, and to promote the welfare both of individuals and of collective bodies much has been written, the aid of private tuition called in, and that of public schools superadded for the instruction of youth of both sexes. And if the good education of sons be esteemed a matter of such moment, as unquestionably it is, so is that of daughters, who, when married, have generally such important duties to perform as constitute the foundation and happiness of human life, have the direction of domestic affairs, and no small share in forming the principles and morals of families from whence societies originate.

In this view of things, the proper education of females must be considered as highly interesting to themselves,



their connections and the public at large. Nothing then should be neglected to render it in all respects as perfect as is necessary for the several stations in life, which they may be destined to fill. For this purpose, whilst their parents, friends and teachers unite their endeavours to initiate and improve them in the qualifications and accomplishments peculiarly adapted to the sphere in which they are to act, one branch of knowledge, that of the human constitution and the disorders incident to the sex, has been too little attended to, and perhaps through a false modesty or mistaken delicacy very rarely inculcated, if not entirely left unnoticed. This, notwithstanding, is of the utmost consequence, since if they marry, how different soever they be in the frame either of body or mind, they may have children, therefore should be well instructed in the means relating to the preservation of health, and the prevention of disease for their own sake, and that of those, whom they may be instrumental in bringing into the world.

For being furnished with the requisite information, they will be enabled to pass through the several periods of pregnancy and lying-in with greater safety both to themselves and their tender offspring, than those too often do, who are unacquainted with that mode of conduct which ought  
to

to be carefully observed in such situations. And when no preparatory lessons of this kind have been given, they are liable to err in the treatment of themselves, and to fall into the extreme either of a too scrupulous delicacy with respect to their own persons, or of an obstinate prejudice in favour of certain popular opinions and injudicious practices; so that on the one hand they are apt to be alarmed and easily disturbed by every the smallest accident that can happen, and on the other, may occasion an irrecoverable derangement in their constitutions, which too many through ignorance of the operations of nature, bring upon themselves; at the same time that others, who have their judgments seasonably informed thereof, are capable of guarding against an evil productive of effects the most unhappy.

Were the sex duly attentive to the progress of nature, and carefully to observe such a regularity of conduct, as even by their own experience they might see it highly prudent to pursue, the powers of body and mind in those of the most delicate make, would be so invigorated, as to enable them to pass through the various changes they are subject to, and to execute their respective incumbencies without any injury to themselves (when a more than common regard is to be paid to circumstances

peculiar to them) or the hazard of impairing their health, in the subsequent stages of life.

To preserve this most valuable of all temporal blessings, and prevent the hurts it may suffer from inexperience and want of attention in the younger class of females, neither counsels nor cautions should be omitted, and in cases which call for the assistance of medicine, they ought never to be at a loss to know, when and in what manner it may be applied.

The time most proper for communicating the necessary directions and best suited to the capacity of those to whom they are to be given, is generally at that period, which is particularly distinguished by the age of puberty, a time of life, when a fondness for levity and dissipation commonly appears, and such a turn of mind commences from the various sensations they feel, as forms the distinction of character and impresses a singular stamp on their whole future course; for "whatever women are to do, or become, depends in a great measure on the feelings then indulged and the dispositions then acquired." Very interesting to their welfare must be the early cultivation of the mind, that no improper bias may take the lead, nor any wrong ideas be permitted to gain the ascendancy, for,



————— no plainer truth appears,  
 Our most important are our earliest years ;  
 The mind impressible and soft, with ease  
 Imbibes and copies what she hears and sees,  
 And through life's labyrinth holds fast the clue  
 That EDUCATION gives her, false or true.

COWPER.

But with the acquisition of mental qualifications and personal accomplishments, some degree of knowledge should be obtained relative to the preservation of general health, and particularly that species of it, without which their whole frame may be materially injured, if not wholly destroyed. In this point of view some precautions are necessary with respect to the manner of conducting themselves, at the particular and well known periods of menstruation ; and such prudential hints should be deemed not as matters of indifference to those, who have the inspection and direction of their education ; as inattention to, or ignorance of what may be beneficial or hurtful at this time, is the source of many diseases and misfortunes in life, which a few sensible instructive lessons might have prevented. Observations of this kind should be well attended to by mothers, and those who are entrusted with the care of their daughters, since thereby many painful consequences may be avoided ;

ed ; and it is particularly recommended to those, who have known the various changes in the constitution, and perhaps the distressing effects of a neglect of themselves at these times, and can recollect what they have found useful or detrimental, that they would communicate a few useful hints, the result of the best source, their own experience, to those whom they have in charge. This might be productive of more utility than is generally imagined,

## S E C T. II.

*The commencement of the menses an important period—ill effects of inattention to complaints in the early part of life—chlorosis and consumptions. Health of the inferior class of women—retention of the menses—danger of administering forcing medicines at the time when they are usually expected.*

THE epithet, *critical*,\* has been very justly applied by authors to that period of life when the menstrual flux commences, and which may with propriety

\* The most eminent physicians, from Hippocrates down to the present times, have universally considered the monthly evacuation as the great spring and mover in the female system, which regulates the whole in such a manner, as to prove the instrument both of its highest health, and most fatal diseases.

*Manning on Female Diseases, p. 4.*

Its commencement introduces an important change in the female constitution. It ought, therefore, to be viewed as a critical season, which demands a greater share of attention than is generally paid to it. Many diseases occur about that age; and others, which had previously resisted the

propriety be considered “ as the æra of those peculiar ailments to which the female constitution is subject,” and of those changes, which, on account of their nature and tendency, become objects of important consideration. Such is the frame of body and mind in many of the sex previous to this event, and so much are both too often debilitated and relaxed by an inactive and indulgent mode of living, that it may be very easily accounted for, if nature meets with obstructions in the performance of one of her most salutary functions. Nor is it to be wondered at, when this happens to be the case, if that discharge which is intended by her for the relief and preservation of the constitution, should prove, by its being diverted from its proper course, the source of its most formidable complaints. Therefore all the solicitude which tender affection excites in parents at all times for the welfare of their children, is more especially necessary in the commencement and

whole powers of medicine, often abate or disappear on the regular establishment of the menstrual evacuation.

*Dr. Hamilton.*

The first periods of menstruation, and the final cessation by age, are two very important epochs in female life, on which much of their succeeding health and longevity will hinge.

*Dr. Black's comparative View of the Human Species. p. 327.*

and progress of diseases, to which they are liable in a state of infancy; since from inattention and the want of judicious treatment fatal consequences may ensue, or such a weakness of habit be contracted, as too commonly occasions, at the age of puberty, either a very painful irregularity, or a total suppression of the menstrual evacuation. And many females there are of every rank in life, frequently striking our observation, who, alas! fall an early sacrifice to a deficiency of knowledge or discretion; who, from a too general disregard to slight beginnings of disorders, and which are considered only as trivial complaints, languish out a short and miserable existence; or if life be protracted, labour under a train of inconveniences, which arise from a relaxed state of the solids, the inevitable consequence of the causes above specified.

Numbers are to be seen daily, whose languid pale and fallow complexions sufficiently indicate the debilitated state of their constitutions, whose eyes appear to have lost their natural lustre and vivacity, and the lips their crimson hue; which are evident proofs that the stomach has no longer the faculty of retaining and digesting proper food, or that there is an unnatural craving for things improper and hurtful.

Upon



Upon very flight exertions of the body respiration becomes difficult; and by degrees the currents of life are deprived of their necessary supplies of nourishment from a deficiency of chyle; the upper parts of the body grow less and emaciated, and the lower bloated and swelled. In these particular circumstances they are disqualified for the performance of the common duties of life, and the extreme sensibility of their frame subjects them to painful emotions of mind, in consequence of the least disagreeable occurrence or disappointment.

The disorder alluded to which is peculiar to the sex; is not now so widely prevalent and destructive in this country, as it was in former times of ignorance and superstition; its diminution may be attributed to the improvements since made in medical science, to the different manner of female education, more agreeable to the dictates of reason than that observed among some other nations, and to the free government which we have the happiness of living under.

However, notwithstanding the advantages we enjoy, there are amongst us too many instances of the fair sex, who in their younger years suffer the most lamentable effects of impaired health, which have frequently terminated in consumptions, and  
deprived

deprived the community of numbers of the most amiable part of our species, who might otherwise have become very useful as well as ornamental members of society.

The active and laborious life of the inferior class of women has a natural tendency to preserve their health; and hence it is that we seldom see or hear, among them, of those complicated and distressing complaints, (which others in higher spheres, or those employed in sedentary occupations are subject to,\*) unless when their employments are so closely followed as to enervate their habits and reduce their athletic frames to palid debility.

For the purpose of maintaining health, it is not necessary for those who are in affluent circumstances to engage in offices unbecoming their station, nor can it be expected that they, whose employments confine them within doors, should change them for such as are of a different kind, but it is of the greatest consequence that all, whether in a higher or lower condition, make use of such bodily exercises

\* Most of the arts are sedentary employments, practised in the house, or in some warm place; and consequently tending to diminish the strength, and render the body less robust and more subject to the action of external impressions, as heat, cold, &c.

cises as they may have in their power to take, and serve to invigorate the constitution.

When nature labours under the disadvantages of impaired health, her usual operations become interrupted, and her functions are irregularly performed, the menstrual discharge either fails to appear, or after appearing, suddenly ceases.

If it does not shew itself at the usual periods, and nature seems to make some efforts to produce it, these should be assisted by such means as may possibly restore the organs to the salutary use of their functions, and strengthen the habit; when this is happily effected, the menses will flow of course.\*

It is however a matter of concern, that whilst the establishment of health, and the removal of disease, is the primary consideration with the judicious practitioner, the inexperienced overlook the causes which produce those irregularities and interruptions in the animal œconomy, and attend to bare symptoms and effects; their principal aim  
being

\* When diseases occur about the time in which the menses are expected, the suppression thereof is to be considered as symptomatic of such morbid affections, the removal of which must therefore be the principal object to be attended to.



being to bring on the discharge, the obstruction of which, in their opinion, is the sole cause of the diseases complained of, without adverting to the real one, or not at all considering the debilitated habit of the sufferer.

And the sex themselves too generally believe this, and from a confident persuasion that their illness proceeds from the obstruction, have recourse to heating and stimulating medicines to remove it, which they are prevailed upon to take at the earnest solicitations of friends, or perhaps by the pompous advertisement of an empiric.

But quack medicines, which are generally violent in their operation, not only fail in this case of promoting the desired effect, but by aggravating the original complaint are apt to induce a train of evils beyond the power of art or skill to remove. And a person thus deceived and disappointed undergoes with unavailing sorrow the sad effects of erroneous judgment and misplaced confidence.

The practice of giving forcing medicines in cases of \*retention or suppression of the menses is  
C much

\* The interruption of the menstrual flux is to be considered as of two different kinds; the one being when the

much to be discommended, especially where the habit is robust and full,† and by pushing for the return of nature, or bringing the menses down in those who never had them, by heating gums, bitters, steel preparations and others, called emmenagogues, in a declining state of the body (or constitutional weakness) an hectic fever has often been brought on. When the chlorosis, or green-sickness is attended with a cough, flushings in the face, recurring fever, heat in the palms of the hands and soles of the feet, looseness and colliquative sweats, such an indiscreet practice would hasten the dissolution of the patient.‡

The retention of the menses at the usual age,§  
is

menses do not begin to flow at that period of life at which they usually appear; and the other being that, when, after they have repeatedly taken place for some time, they do, from other causes than conception, cease to return at their usual periods: The former of these cases is named the *Retention*, and the latter the *Suppression* of the menses.

*Cullen's first Lines of the Practice of Physic.* vol. 3, p. 33.

† Turner's antient Physician's Legacy survey'd. p. 33.

‡ Andry in his *Orthopædia*, speaking of the chlorosis, advises mothers, when their daughters arrive at that age when the menses are expected, to take care not to do any thing in too great a hurry, but to assist nature by such medicines as dilute, and relax the overstretched vessels, and thus they will act in concert with nature, and nature in concert with them, which is the only way of curing the disease. The way to prevail over nature is to humour her.

§ In this climate, the menses usually appear about the age of fourteen or fifteen; in many earlier, and in some,

is not always to be considered as a disease, merely on that account, since constitution, mode of living, and difference of climate produce so great a variety in the system, that it cannot be expected they should be always uniform, with respect to time, and regular in all indiscriminately. Accordingly we find the menstrual periods vary, in different women, so that no time can be precisely assigned as proper to the sex in general, when they may commence, or how long they may continue.

not until the sixteenth and even the eighteenth year, and in this last case, they are often unattended with any disorder. The final cessation is generally about the 40th, 45th, or 50th year. In warmer climates, they come on earlier, are more regular and profuse; in the cold regions of the north, they appear late and are small in quantity.

In youth, obstruction of the menses is more frequent, and greater inconveniencies follow their temporary suppression here, that is, in the West-Indies, than in other climates; but less inconveniency attends the final cessation of menstruation.

*Mosely on Tropical Diseases, p. 59.*

## S E C T. III.

*Means of strengthening relaxed habits connected with retention of the menses—cold bath recommended, and bathing places in large towns—when improper to be used—moderate exercise good effects of—evacuations—sea-bathing, sea-air and voyages—caution to travellers—anxiety of mind a great obstacle to the good effects of exercise—what degree of it most proper—danger from unskilful treatment—able practitioners to be unreservedly consulted—remarks on steel preparations and tonic medicines.*

THE retention of the menstrual discharge is often connected with a relaxed habit and affections of the nervous system; hence such a loss of tone and want of proper action in the vessels and muscular fibres, as render them incapable of impelling the blood with force sufficient to produce it. A question naturally arises, what is to be done for strengthening the body and for the restoration of impaired health? The most likely mean of producing

ducing these effects is the cold-bath,\* which excites the action of the vessels, increases muscular motion, and corroborates the whole system, where it can be used with propriety; and it has been much regretted, that in the training up of the youth of both sexes, so little attention has been paid to the use of it, as in the present age and in our own country. To this for pleasure as well as health frequent applications were made by women in the earliest ages of the world: and in succeeding times, it has been continued in many foreign countries, that thereby the influence of climate and several diseases incident to the human species might be obviated.

Were bathing places formed in convenient situations in or near cities and towns,† for the accom-

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modation

\* The great advantages of cold bathing, especially to children and young persons are pointed out by many respectable writers, as Tissot in his *Avis au Peuple*. Millar in his judicious *Observations on the Asthma*. White in his ingenious *Treatise on the Scrofula*. Manning on *Female Diseases*. Dr. Cheyne in his *Essay of Health and long Life*. Whytt on *Nervous Disorders*, and Dr. Buchan in an additional chapter to his *Domestic Medicine*.

† Dr. Lettsom observes, that in a large and crowded city, where the circulation of air must necessarily be greatly obstructed, every mean conducive to the preservation of health should be studiously promoted; and next to bodily exercise, and the enjoyment of the open air, nothing per-



modation of people of all ranks, and a proper regard had to the disease and constitution by some able and judicious medical person, so that an indiscriminate and improper use of so noble a remedy might be prevented, there is no doubt but that they would be of essential service to the community at large, and their benign effects might be transmitted to posterity.

Notwithstanding what has been said, they who are much indisposed, greatly fatigued upon slight exertion, breathe with difficulty, have a cough, pleuritic stitches, pains in the limbs, weak bowels, &c. cannot, without incurring hazard, make use of this remedy. It is only calculated for those who are relaxed and weak, independent of any visceral

haps contributes more thereto than cleanliness by bathing, which the inhabitants of warm climates, both in ancient and modern times, considered likewise as the highest gratification, as the multitude of their cold and warm baths, and the stupendous structures raised for private and public accommodation in this way fully testify.

Springs and reservatories of cold water, the ancients held in great esteem, and the present age can produce numbers of noble cures performed by them.

It appears in the historical accounts of the ancient Roman baths, that neither pains nor expence were withheld to render them useful as well as ornamental.

*See Gibbon's History of the Decline and Fall of the Roman Empire.*

visceral complaint.\* And some caution is required in its use, for it has been rather injurious than otherwise to many persons, who have used it imprudently and unadvisedly.†

Its effects are generally, if not always salutary, when moderate exercise is taken immediately after emersion, in a pure, cool, and dry air. And if immersion in cold water is highly beneficial, sea-bathing has superior advantages in strengthening those who are of a delicate make: and nothing more is required by way of preparation for it, than to guard against costiveness. Those who recommend

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evacuations,

\* When the stomach, liver, or other viscera are much obstructed, or otherwise very unsound, the cold bath is improper, since by turning the blood with more force than usual upon these parts, it may increase, instead of lessening the patient's complaints.

*Whytt, on the Cure of Nervous Disorders.*

Neither is it proper for those to bathe who have any cutaneous eruptions, such as the prickly heat, &c.

† Dr. Kentish says, Young and healthful bathers, persons of full habits and accustomed to high living, ought to be cautious in the use of the bath as a stimulant. And Dr. Fothergill of this city, in his ingenious essay, lately published, entitled, *A new Experimental Enquiry concerning the Cheltenham Water*—speaking of sea water as a fashionable remedy, says: “This nauseous potion, indiscriminately taken, is by no means a matter of indifference; and that the abuse of sea water and sea bathing, however fashionable, may, nevertheless, prove sometimes highly detrimental.”

evacuations, should consider, how ill they suit those who have weak nerves, a relaxed habit of body, and use this remedy, with a view to strengthen and restore them.

Dr. Kentish very judiciously observes “ that slender, délicaté females, whose nervous frames are susceptible of the slightest changes, and whose habits of life subject them to great relaxation and enervation, who labour under loss of appetite, loss of strength, and various diseases of an hysterical kind, cannot bear purging, bleeding, &c. and further, that evacuation does not necessarily precede the use of cold-bathing, either in the sea, or any other bath. In some cases it may be admitted, but in ninety-nine out of a hundred it will do great harm, and the injury thus induced cannot easily be removed.”

The good effects of sea-bathing, are considerably augmented by frequent and moderate exercise; and especially that of sailing upon the ocean, which is peculiarly adapted to the relief of many complaints, provided the voyage be sufficiently long, and in a temperate latitude; this was practised with great success in former times. There is something



something in the sea breeze\* very cordial and refreshing and which the natives of some of the warm climates distinguish by the name of the doctor, because upon its intermission for some hours, they become languid and inactive.

The sea air is of all others, the purest, and on that account better calculated for the purposes of breathing, in weakly persons. In all air there is more or less of that principle, which is necessary to life, and when this is deficient in any degree, it so far becomes unfit for the purposes of respiration, and creates diseases.† That this vivifying principle exists more at sea than on land we know from authority as well as experience. ‡ Air which passes over a large tract of water is cooled, as well as purified; hence at the sea side, we feel none of those

\* In warm days the sea breeze is very observable on our coasts, but on those of the hot countries it is seen about nine o'clock in the morning at a great distance, and approaches the shore in a fine, small, black curl agitating the water; whilst that part of the sea, at which it has not yet arrived, is calm and smooth. In the space of half an hour after it has reached the shore, it blows with some briskness, increasing in strength until noon, and dies away by degrees about five in the afternoon; and returns not 'till the following morning.

† People inhabiting cities, or residing in low confined situations are obliged to change the air for the preservation of life, or the cure of diseases with which they are afflicted.

‡ Dr. Kentish's Essay on Sea Bathing.

those bad effects, which arise from the sultry heats of summer in inland places. A constant cooling breeze moderates the excess of heat, and, by preventing the pernicious operation of such an excessive stimulus, produces the most salutary effects. Young women predisposed to consumptions, pulmonary complaints, and other diseases peculiar to them at a certain period of life, derive great advantages from sea-air, proper diet and regimen. Besides sailing, riding on horseback,\* or in an open carriage, when the weather is fine, and varying the †excursions from place to place, have had the most

\* Riding on horseback, says Dr. Cheyney, is certainly an exercise the most manly, the most healthy, and the least laborious and expensive of spirits, of any; shaking the whole machine, promoting an universal perspiration and secretion of all the fluids (to which may be added, the various changes of the air, through which they so quickly pass, every alteration of which, becomes as it were a new bath) and thereby, variously twitching the nervous fibres, to brace and contract them, as the new scenes amuse the mind.

Huxham, Sydenham, Hoffman, Manning, Cullen and many other sensible writers are of opinion that riding on horseback is deservedly preferred to all other kinds of exercise, especially if used when the stomach is most empty; for after a full meal it retards digestion, and renders it uneasy and flatulent.

† *Præ reliquis omnibus profunt itinera: tunc enim nova occurrunt atque insolita objecta, quæ satis efficaciter in mentem agunt et cogitationem mutant.*

*B—Van Swieten, tom. 3. p. 478.*

Travelling seems the best calculated for a cure, of any

most salubrious effects on those, who have been able to bear the expence thereof. But they are at the same time to be cautioned, that the evening air is to be avoided, the journey not to be so protracted as to occasion fatigue; and it may be necessary to add, that a timely recourse to rest, light suppers, and early rising, the maintaining a chearful disposition, and prudently engaging in rational amusements, cannot fail of being excellent auxiliaries to sea-bathing.

The indolence produced in the habit by weakness, and the idea of incapacity, makes many insensible to what extent they might recover their strength by a vigorous exertion of their powers, and debars them from the use of those exercises which would otherwise restore them to health.

If a secret anxiety of mind attend any bodily exercise that is prescribed, let that exercise be otherwise ever so proper, very seldom any real advantage is derived from it; and it is a consideration of some importance, that those who go  
abroad,

thing, as it induces a gradual, yet interesting variety of objects and subjects of attention, which are the more pleasing, as they have not the appearance of being intentionally introduced.

*Falconer's Prize Dissertation on the Influence of the  
Passions upon Disorders of the Body. p. 78.*

abroad, or take journies for their health, should, if possible, have their thoughts employed on grateful subjects, and be engaged in such agreeable pursuits, as tend to strengthen the body, amuse and animate the mind.

Those, who feel themselves much relaxed and weakened, should not give way to inactivity; for they who accustom themselves to it, become less able and willing to perform those necessary exertions, on which depend their health and strength, and of course their very existence.

The exercise should therefore be in proportion to their strength, and in a pure temperate atmosphere, at a distance from large towns, in situations not exposed to winds, particularly that of the north east. It is a difficult matter to prescribe medicines with any probability of success, where the real state of the case, and the causes of complaints are not first well ascertained. The state of body under consideration requires so great a precision with respect to the forming a proper judgment of its original cause, that without particular enquiry and knowledge of the constitution, medicines given, will often prove ineffectual, if not very injurious. Women, who are totally destitute of the knowledge of their own frame, and unacquainted

acquainted with the general principles of medicine, can derive but few advantages from it, when exhibited without prudence, and perhaps under the baneful influences of ignorance and empiricism.

It will therefore be highly advisable, and much to the credit of the healing art, for persons who labour under such complaints as are beyond the reach of common capacities, to consult without reserve the candid, and sensible professors of the science.

Very powerful means have been prescribed by the faculty in female complaints, such as mercurials, chalybeates or steel preparations, and emmenagogues or such remedies as promote the menstrual discharges, either by strengthening the digestive powers, or determining the circulation with increased force to the obstructed organ. All these, when by them judiciously administered, have severally proved serviceable, but when females themselves, or their ignorant advisers have tampered with them, the most injurious effects have been brought on.

Medicines, which increase the living powers by their action on the heart and blood vessels, may in most cases be used with great propriety and safety



safety in conjunction with the cold bath, such as an infusion of the Peruvian bark with magnesia, prepared in the manner as directed by the ingenious Dr. Skeete;\* or in substance, if the stomach will retain it; a little of the cordial confection taken two or three times a day in a draught of neat port or claret, or a few drops of chalybeate tincture in a glass of water. Steel medicines cannot however be used without the greatest caution, and should be omitted in case of a fulness of blood, or a feverish disposition. Gentle evacuations, and such medicines as diminish any preternatural heat may be substituted, and afterwards draughts of the cold infusion of Columbo, St. Lucia bark, quasia, bitter orange peel, lesser centaury, camomile, &c. rendered a little acid by the addition of a few drops of elixir of vitriol, which by their action on the stomach, increase the appetite, stimulate the digestive organs, and restore strength.

Where the bath agrees, a glowing warmth will succeed its use. Its frequency will depend on contingent

\* Take of Peruvian bark in fine powder half an ounce. Magnesia, one dram—these are to be rubbed together for about a quarter of an hour with water sufficient to make them into a paste; afterwards are to be added by degrees nine ounces of water. The mixture is frequently to be shaken, and in half an hour, filtered through paper. It may be taken in the same manner as the common infusion of bark; three or four table spoonfuls three or four times a day.

tingent circumstances, and must be directed by a skilful person. Many cautions are necessary to be attended to by those who bathe, but as the subject has already been judiciously treated by authors\* of distinction, they may be referred to.

\* See Dr. Kentish's Essay of Sea Bathing, and Dr. Buchan's chapter on Cold Bathing in the last edition of Domestic Medicine.

The Pyrmont water proves particularly effectual in a deficiency or scarcity of the menstrual flux. By opening the obstructed canals, by bracing the whole frame, and restoring the tone of the vessels, this complaint, the source of many others, is often cured by it : and the bath in general promotes very powerfully the same end.

*Dr. Marcard's Description of Pyrmont, &c.*

## S E C T. IV.

*Suppression or obstruction of the menses—causes thereof. Importance of preserving a free and equal circulation—perspiration carefully to be kept up in warm climates—negligence of many in this country—imprudent exposure to cold—caution to those who are fond of dancing—extraordinary moisture in the feet—danger of suppressing it—cases which prove the ill consequences of imprudencies during menstruation.*

BESIDES the interruption already considered, another kind very frequently takes place, i. e. the discharge either discontinues to return after it has regularly appeared, or is suddenly obstructed by a variety of causes during its eruption, such as catching cold, wearing thin apparel in inclement weather, putting the feet into cold water, standing or sitting in cold and damp places, lying in beds that are not well aired, exposure to the chilling evening air after bodily exercise, or the heat of a summers day,

day, taking improper food, the immoderate use of cold acid fruits, giving way to violent passions of the mind, hysteric affections, and sudden surprise.

Whatever weakens the body, renders the circulation languid; in consequence of which the power of action in the uterine vessels becomes enfeebled, and the blood therein contained is not propelled with a force sufficient for the production of the discharge; or in connection with debility of habit there may be too great a fulness of the vessels, which produces such a constriction or spasm, as resists the contents and does not allow them to pass off in the ordinary way. This occasions that pain, which is severely felt by many at the approach of the menses, and may be brought on by the causes before enumerated, all of which should be carefully avoided.

In a climate so changeable as ours, it is a matter of the utmost importance, that a free and equal circulation be preserved, for upon this greatly depends the regularity of the menstrual discharge. Cold, or whatever contracts the vessels upon the surface of the body, obstructs perspiration,\*

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\* According to Dr. Buchan, "a free perspiration is of so great importance to health, that few diseases attack us during its continuance; but when it is obstructed, the whole frame is generally disordered. The discharge of insensible

impels the blood with more force than usual to the interior parts, and causes all the inconvenience of plenitude, should be strictly guarded against.

The prudent inhabitants of warm climates are very solicitous to defend themselves against whatever may interrupt or check perspiration, and more so during menstruation, as well as when it is drawing near. And the frequent use of warm baths, impregnated with a variety of medicinal plants indigenous to the countries they live in, joined with bodily exercises, both of the active and passive kind, contributes greatly to the preservation of health and the regularity of this salutary process of nature. If such an attention is paid to themselves by women, who live near or within the tropics, how much more careful in similar circumstances ought those to be, who reside in a country where they are exposed to frequent changes and uncertain vicissitudes of seasons? But negligence with respect to whatever is conducive to health, too often appears in their general conduct, and particularly at those times when the utmost care and best management are absolutely requisite. And deviations from that course of life,  
which

perspiration however being less perceptible than any of the human body, is consequently less attended to. The want of a due attention to the causes which obstruct it, cost Great Britain annually some thousands of useful lives."



which they ought then especially to observe, have been severely regretted by many, who have dated a bad state of health, from which they have had no prospect of recovery, to a single act of imprudence, which the critical situation they have been in has forbidden them to commit.

Nothing so effectually checks the free and progressive motion of the blood in the exterior vessels, and is apt to produce a morbid distention in the interior ones, as a sudden and continued exposure, even for a small space of time, to cold air when the body is heated by any violent exercise. How common are instances of this kind, and how alarming the consequences ! If a young lady after dancing a considerable time, perspires very freely, and in this situation exposes herself to streams of cold air from open doors, windows, or passages, and rests for some time; the moisture soon grows cold by such exposure, the skin becomes pale and contracted, and slight, transient shiverings are felt. If the exercise is speedily renewed, the circulation is again restored, and provided the exposure to cold is not repeated, no bad consequences may ensue: however it too frequently happens from want of caution after such an exertion of the

body,\* that internal inflammations, and obstinate menstrual obstructions take place. Besides what has been intimated, the admission of any thing cold to the internal surface of the stomach during such an overheated state is equally pernicious, and there have been instances of persons, in whom, after they have in this condition greedily drank cold liquors in large quantities, the powers of life have been at once suppressed.

Those who are fond of dancing, should not by any means carry it to excess, for though under proper regulations, it may invigorate the body† and exhilarate the mind, yet being immoderately used is most unfavourable to both. A caution of this sort may be given with much propriety, and if they reflected for a moment on the danger their health of body, and tranquility of mind are exposed

\* A young married lady, by imprudently walking in the cold night air, from an assembly, when she had overheated herself by dancing, occasioned such a sudden check to perspiration, before her blood was permitted to cool, that, next morning, her legs, &c. were much swelled. She was also oppressed with difficulty of breathing. The third day, the symptoms were considerable increased, and there was all the appearance of an incipient dropfy.

*Anderson's Medical Remarks, p. 79.*

† When the suppression of the menses arises from an inertness, or a viscosity of the fluids, exercise, especially moderate dancing, swinging, frictions, &c. tend to remove the obstruction by subduing the cause.

exposed to from such diversions protracted beyond seasonable hours, nothing, however specious, urged in their vindication would appear sufficient to justify a custom, evidently injudicious.

In the summer season, when women are very liable in their walks to be overtaken with accidental showers, the immediate effect generally is a sensation of cold, especially if, before, they were in a state of perspiration and the distance from home has obliged them to remain long without changing their dress, this incident alone has produced obstructed menstruation. To guard against this or any other bad consequences, they ought as soon as possible to put on dry clothes, bathe the feet in warm water, or go immediately to bed, and take some sudorific medicine or warm diluting liquor to bring on a free perspiration. It is to be observed, that the warmer the state of the body may be at the time, the greater will be the necessity for this precaution. In the warm climates casual showers are very common, and the inhabitants often suffer, by not attending to themselves.

“ Short sudden rains, from ocean’s ruffled bed,  
Driven by some momentary squalls, will oft’  
With frequent heavy bubbling drops, down, fall;  
While yet the sun, in cloudless lustre, shines:  
And draw their humid train o’er half the isle.

Unhappy he ! who journeys then from home,  
 No shade to screen him. His untimely fate  
 His wife, his babes, his friends, will soon deplore ;  
 Unless hot wines, dry clothes, and friction's aid,  
 His fleeting spirits stay. Yet not even these,  
 Nor all *Apollo's* arts will always bribe  
 The insidious tyrant death, thrice tyrant here.

*Grainger's Sugar Cane*, p. 24.

An extraordinary perspiration in the feet, tho' it generally proves very troublesome, may notwithstanding be considered as a sign of good health ; but great care should be taken, by no means to suppress it, since they, who are affected by it, generally menstruate with less pain and inconvenience than others who are not. In many diseases this moisture becomes lessened or entirely suppressed, but returns upon the recovery of health ; and the celebrated Hoffman observes " that in gouty habits a deficiency of this discharge is a sure preface of an approaching fit." Dr. Whytt remarks, " that the stopping the perspiration in the feet, as well as having a deficiency of warmth in them, not only increases nervous disorders, but gives rise to them as well as other morbid affections," and Dr. Anderson says, " the copious sweat, that arises on the feet and diffuses itself gradually over the body, towards the acme or height of the fever, is critical ; and is not only so in fever but

in other diseases: it shews the vital faculty is strong. The blood, by such moisture, is relieved of arthritic, or gouty impurities," and adds a precaution very necessary to be observed by those who are liable to the gout. "While flannel can preserve perspiration on the region of the stomach, the gout will not attack it." \* "Warmth in the feet is of great service at the time of menstruation, and cold very injurious; nay I have frequently known the menses all of a sudden suppressed by this."

M. F. a healthy young woman of Badmington, aged seventeen, had for some years been much troubled with considerable perspiration in her feet, attended with great pain, heat and foreness; to remove which she had recourse to many topical applications. One summer's day in 1784 being overheated by the exercise of hay-making and the sensations of heat and moisture in her feet becoming very troublesome, she told her complaint to some of her companions in the field, who persuaded her to plunge her feet into an adjoining brook. The consequence of complying with this rash and inconsiderate advice was a sudden obstruction of nature. From that day, though she has been entirely free from the moisture in her feet, yet

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has

\* Hossack's abridgement of Baron Van Swieten's Commentaries, &c. vol. v. p. 170.



has complained of sickness, weariness, pain in her head, and a great dejection of spirits. Many ineffectual attempts have been made to relieve these disorders and reproduce the monthly discharge, by bathing the feet in warm water, using much exercise, wearing flannel socks, &c. At the usual periods of menstruation, she has been seized with great pain in her back and loins, remarkable coldness of her legs and feet, oppression about her chest, sometimes actual swoonings, in which she has remained for a few minutes in an insensible state; upon recovering from it, an oppressive languor has succeeded, her head felt as if bound with a cord and her eyes have appeared full and prominent. Her health continues to decline, and she is much fatigued after that share of exercise which before she could follow without the slightest indisposition. The catamenia have appeared but once, and that in a very small degree, since the above mentioned occurrence. She is now frequently seized with strong hysteric paroxysms and other symptoms of an enfeebled and relaxed habit. A fair trial of the Bath waters, &c. has been lately recommended.

Last year, a young person consulted me, who had been much weakened by an immoderate discharge of this kind, and by the advice of some  
illiterate

illiterate person, put her feet into a vessel of cold water whilst labouring under that indisposition, in consequence of which the discharge was suddenly suppressed. She soon after complained of pains in her head, hams and calves of her legs, the extremities especially the tops of the toes were benumbed and cold, and near the time in which her menses usually appeared, a violent cough, difficulty of breathing, and slight hysterical affections took place, particularly that of a remarkable fulness in her throat, rheumatic pains, and vomiting of crude undigested aliment. A small quantity of blood drawn from the arm, and a blister between the shoulders appeased her cough and relieved her breathing. Soon after recourse was had to warm bathing, and gentle emetics, the former was repeated twice; the latter once a week, at the end of a fortnight an universal eruption, resembling the measles, broke out, attended with an intolerable itching and heat in the skin, principally about the hips and thighs. By continuing the bath, and taking every night a small dose of an alterative mercurial medicine, the menses returned. The coldness of her feet was the last symptom that remained, for which, bathing in warm water, and rubbing them with flower of mustard have been very efficacious. Being of a very irritable habit,

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the bark and a nourishing diet were ordered, and she now enjoys perfect health.

Mr. Symons, an eminent surgeon of this city, in his treatise on vapour bathing, gives the case of a young woman, who after washing a room on her knees during menstruation, was seized with an obstruction. By neglecting to apply for assistance, violent pains attacked her limbs, and at length a white swelling came upon her knee, which broke. Her health was so much affected by the constant and vitiated discharge, that he was obliged to amputate the limb, as the only chance of preserving her life.

The above cases, with a variety of others which might be mentioned, plainly shew, what serious effects may be produced by neglect, inadvertency, or mismanagement, and which can only be obviated by due attention to the beginning of complaints or rather by avoiding such steps as are likely to bring them on. That prevention is better than cure, is a maxim, which should ever be invariably observed on the bare apprehension of any incident that may discompose the oeconomy of the human frame. For if the consequences of inattention are generally found to be in a greater or less degree injurious, there is just ground to fear, that,

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in the state of body, which is the present subject of consideration, they may fall with such weight as neither the skill of the physician, nor a conformity in the patient to the best rules will be able to remove, or repair the damage occasioned by past omissions.

Few complaints remain long in the same stage, they will either soon take a favourable turn, or induce others of a more dangerous kind: in like manner, the obstruction alluded to rarely continues any considerable time without a succession of ailments which seldom fail to take place, if, when nature seems to make some efforts to reproduce the discharge, these are frustrated by repeated acts of imprudence. And what then will be the consequence? the blood not being suffered to pass off by the womb, is determined with such force and in so great a quantity to other parts, that effusions thereof may be occasioned by the rupture of vessels, or a train of nervous and hysteric complaints, pains in the stomach and bowels, obstinate stiffness and too often fatal emaciations are brought on. All of which effects might very probably have been prevented by a prudent conduct, either in the intervals of menstruation or when there has been reason to expect its return.

## S E C T. V.

*Bath waters recommended in cases of obstructed menstruation—directions to those who bathe—mode of living to be observed during the menstrual periods—influence of the passions.*

UPON a suppression which has been occasioned by sudden and obstructed perspiration, it is advisable that recourse be had to the Bath waters, that nature may receive such timely assistance, as may enable her to restore the \*balance of circulation to the exterior parts. And as the great use they have been of, in this and a variety of obstinate complaints

\* During health there is an equal distribution of blood to every organ in proportion to its size; and the constitution by its innate powers, endeavours to rectify any small changes in the balance of the circulation. But many violent and dangerous diseases proceed from excessive changes of this balance, owing to the current of the circulation being irregularly and permanently determined on particular organs.

*Adair's Medical and Philosophical Sketch, &c.*



plaints upon record,† is unquestionable, no time should be lost in their application, nor any particular seasons of the year regarded as a prohibition in respect of their quality.

By way of preparation, some lenient medicine of the purgative kind is generally taken, that increased heat may be abated and whatever hinders, in any canal of the body, the flowing of this salutary fluid through it, may be carried off. A caution however is necessary to be observed by those who are unacquainted with the principles on which these waters act, or with the structure and state of their constitutions, lest by misapplication the effects be rather injurious than otherwise, for according to a celebrated writer,‡ “their credit will depend as much on the skill of the director, as on the virtues of the remedy.” Every necessary information should therefore be acquired by those who come to Bath, not only for this, but other complaints, not altogether from books upon the subject, (since many cases occur which require a deviation

† I need not be at the pains of proving so self-evident a truth, as, that all the chronical diseases of women, arise from the too large excretion, or too great a suppression of their menses. † It is a subject well understood, and the power of mineral waters, especially those of *Bath*, in promoting them, is sufficiently known.

*Winter's Essay on Chronic Diseases.*

‡ Dr. Baylies.

ation from a strict observance of the general plan) but from the practical physicians who reside in the place, and whose experimental knowledge must give them a decided superiority over strangers, in disorders which require the use of these healing fountains.

Where application to those salutary springs cannot be made without considerable inconvenience, an artificial warm bath, instead thereof, may, be substituted, care being taken that as the warmth abates, it be renewed by the addition of boiling water, and kept as near as possible to an equal standard of heat, such as the patient can bear. Warm and emollient fomentations seldom fail of being considerably advantageous, when applied in the vicinity of the obstructed parts, bathing the feet and legs in warm or Bath water every night, and rubbing them afterwards with flower of mustard, or with warm flannels just before saturated with the fumes of gummy and resinous substances, or of sweet smelling aromatic herbs, as thyme, lavender, rosemary, &c. sprinkled on clear live coals; also sitting over the vapour of warm water, or a strong decoction of medicinal plants, such as pennyroyal, mugwort, tansey, wormwood, camomile, southernwood, &c. for half an hour or more at a time, and conveying this steam of such a moderate degree

gree of heat as may be agreeable to the sensation of the patient to the interior parts. \*Tepid vapours, when thus applied, relax the uterine vessels, and make them yield more easily to the discharge.

It is however to be observed, that warm bathing, fomentations and medicines, which excite perspiration by their relaxing properties, render the body very susceptible of external cold. Great care is therefore necessary to guard against its influence, which may be done by attending to the subsequent precautions.

After the patient has been in the bath so long, as from the state of the constitution and other circumstances may be judged necessary, the warmth thus procured should be preserved and promoted by her being chafed with warm cloths, and then put into a bed well aired; when some medicine may be taken, or the general perspiration gently encouraged by moderate draughts of whey, pennyroyal, feverfew or tansey tea, or any other warm diluting liquor. The moisture hereby raised on the surface of the body should be wiped off with warm cloths, and the bed not left 'till the sweating ceases. In that case clean and well aired linen is  
very.

\* Manning.

very refreshing, and discretion will dictate confinement within doors at least one day afterwards; for instances are not wanting of dangerous consequences which have arisen from impatience of restraint even for so small a space of time. And it must be remembered, when fomentations are used or the steams of warm water admitted to any part of the body, that, as soon as the moisture thereby occasioned is taken off, warm flannel should be applied to defend it from the effects of cold.

When by the assistance of the warm bath, and in some cases by the co-operation of medicine, especially of the strengthening and antispasmodic kind, moderate exercise, bleeding, electricity and other mechanical methods, the discharge is restored,\* the greatest circumspection becomes necessary, especially in weakly habits, to prevent a relapse; to obviate which, the use of the more temperate bath is first adviseable, then a cooler, and at length one very cold. By these gradual transitions the most delicate person may be prepared for sea-bathing and such other means as have been recommended during the intervals of menstruation, which by invigorating the system, as well as restoring

\* When the menstrual discharge is stopped, it is generally in vain to attempt recalling it, 'till the approach of the next period.

storing strength particularly to the womb, seldom fail to preserve the regularity of its functions, provided their salutary effects are not defeated by an imprudent use of what are called the non-naturals, or the obstruction is not owing to any chronic, or long continued disease, in which case, it is not to be expected that the menses will appear, unless such disease be first removed.

It is likewise absolutely necessary, during the menstrual indisposition, and near the time of its approach, to attend particularly to such a mode of living as may be suitable to the body upon those occasions, and to preserve, as much as possible an evenness and cheerfulness of mind. With respect to the former, such kinds of food as are well known to be difficult of digestion or have produced disagreeable effects at other times should be avoided. Fish from their viscidty, especially muscles, shrimps, crabs, lobsters, &c. are very improper; they remain long in weak stomachs, and bring on feverish symptoms. All salt and high seasoned meats, and spirituous liquors, which increase the velocity of the blood and injure the nerves and stomach, are very pernicious. Unripe fruits, in eating which the younger part of the sex are apt too freely to indulge themselves, often occasion pain in the bowels, severe purgings, and

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troublesome



troublesome cutaneous eruptions and ulcerations. Those who without scruple drink acid liquors with a view to render their complexions fair and delicate,

“ ——— and try each art that can avail,  
 “ To make their faded features yet more pale.”

in conformity to that appearance which they consider as fashionable, if they regard the preservation of health as a matter of importance, should desist from a practice which is found by sad experience to be the cause of complaints, that are not without great difficulty removed.

Every thing also, which powerfully affects the mind at this period, will essentially militate against the regular order of nature, and disturb the functions of the animal oeconomy. A respectable physician\* of this city, is of opinion, “ that many of the disorders of women, that are connected with menstrual obstructions, owe their origin to mental impressions.”

The turbulent passions of anger and resentment quickly display their unfriendly influence, divest the female mind of whatever is amiable in its disposition, and the body of its bloom, health and  
 vigour.

\* Dr. Falconer.

vigour. They have suddenly obstructed the salutary evacuations, and produced considerable derangements in the whole machine. Even passions of the more pleasing kind, and highly beneficial to the human frame, those of love and joy, when too forcibly and improperly directed, have been exceedingly hurtful. The story of the Spartan mother who expired in the ecstatic embraces of her son, whom she supposed to have been destroyed in the field of battle, is a remarkable proof of the dangerous tendency of excessive joy; and the doubtful anxiety of mind which arises from an apprehension of not obtaining a desired object, makes the passion of love, very important in its effects. A deep-rooted and desponding grief is frequently the consequence of disappointment, and the finest constitution has often been insensibly destroyed by an intense direction of thought to one point, by the privation of natural rest, loss of appetite, and by an irregularity of the secretions.

Though the sex ought to be cautious in listening to, or encouraging the addresses of vain and trifling persons, who from a volatility of temper rove from one object to another, without having a spark of real affection for any, make love for entertainment, and substitute compliment and flattery, instead of the sincere effusions of the

heart; yet where the prospect is such, as promises to the parties concerned the enjoyment of happiness, the nuptial union ought not to be too long delayed. And when this is the case, parents endued with common prudence and humanity, will consult their childrens welfare in mind and body, and do every thing in their power to promote the health and comfort of both.

## S E C T. VI.

*Painful menstruation—effects thereof—method of cure.*

THE excruciating pains to which many are subjected, at the time of menstruation, demand a particular attention; for unless due care be taken, innumerable mischiefs may be derived from sufferings of this kind; and many a promising constitution has been thereby impaired, and rendered unprolific,\* if not ruined. Those suffer most, who naturally possess an extreme and unconquerable delicacy of mind, which will not permit them to disclose their situation. The degree of uneasiness at the commencement, and during the continuance of menstruation is very different in different persons. Some are affected a few days or more preceding the eruption with a heavy, throbbing, or darting pain in the forehead, temporary dimness of sight, heat in the temples and orbits, a swelling in one or both cheeks and sometimes the

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\* I think it has been observed by other physicians, as well as myself, that few of those, who have suffered much by painful menstruation have borne children.

tooth-ach, with pains in the back, &c. which generally observe periodical returns, like those of labour, continue for a little time with cold shiverings, succeeded by heat, and then terminate with great languor and depression. If the patient be of a full and costive habit and subject to hysterical and spasmodic disorders, all these symptoms are more acute and lasting, and sometimes produce faintings and even convulsions. Others, in the same situation find a temporary relief by lying down, but, upon rising from the bed, have severe sickness and vomiting, or an eructation of thin insipid fluid; after which the pains return, and one conflict succeeds another, 'till the patient is quite debilitated. For the relief of such unhappy sufferers, a process is here recommended, which has, in some cases, that have fallen under the author's observation, been very beneficial.

Take of Thebaic extract, twelve grains,

Emetic tartar, six grains

Camphor,

Asafoetida,

Flowers of zinc, of each one scruple,

Oil of cajeput,\* fifteen drops.

Make

\* Oil of cajeput, is of a light green colour, in smell very fragrant, resembling the lesser cardamoms. It is imported from the East-Indies, and though rarely prescribed, being not an officinal medicine, yet is esteemed by many as a very powerful antispasmodic.



Make the whole into a mass of a proper consistence, with a little simple syrup or conserve, and divide it into twenty pills. When the pain commences, one is to be taken, and the person should either recline upon a sofa, &c, or keep in or upon the bed. Warm diluting liquors, such as draughts of weak whey, balm, tansey, &c. may be freely taken, and should a gentle perspiration be brought on, the precautions before mentioned Sect. v. are to be attended to, to prevent catching cold. One pill is generally sufficient; sometimes it will be requisite to repeat it every four hours, 'till the pain remits, or entirely goes off. Where the head is liable to be affected by opiates, the drinking freely of strong coffee will often prevent it. However, I have seldom found this form of medicine to disagree. If the countenance be florid, the pulse full and hard, and the person lives chiefly in the country, bleeding should antecede the administration of this medicine; and when costiveness prevails, with pain in the head and vomiting, an emollient laxative clyster, with half an ounce or more of the fetid tincture has given ease in a short time. Should however the sickness and vomitings continue, thirty or more drops of vitriolic æther, or Hoffman's anodyne liquor in a draught of spear mint water will in most cases take off this irritability of the stomach.

In case of violent pains, about the return of the menses, the warm semicupium or half bath is of great use; but when this cannot readily be procured, a clyster of gruel, with a dram or more of extract of hemlock, and at the same time a flannel bag filled with emollient herbs wrung out of hot water and applied warm to the belly, will very probably be attended with success; and in the intervals between the returns of the menses, in order to render the patient less liable to these painful complaints, keeping the feet and legs warm, wearing flannel round the loins, taking frequently some soft oily or spermaceti emulsion with diacodium, and in some habits, especially those that are hysterical, pills made with fetid gums and bitter extracts are adviseable. A basin of warm spruce tea with a tea spoonful of aloetic elixir, drank in bed three or four nights successively before the commencement of pain has been of considerable service; and some by drinking saffron tea instead of the Chinese, have found the substitute an agreeable cordial and stomachic. In cases of faintness, pain in the stomach and flatulencies, a draught composed of two ounces of simple cinnamon water, a dram of tincture of castor and vitriolic æther, rendered agreeable by the addition of syrup of ginger, may be taken with considerable advantage.

## S E C T. VII.

*Redundant or immoderate menstruation—who are most liable to it—when with propriety restrained—what conduct is necessary to be observed by those who labour under it—observations on the causes of fluor albus—its effects, and the fallibility of external remedies—directions for those who are affected with it at any period of life—stricture on certain remedies given for this complaint,*

A Variety of causes, render the menstrual discharge, sometimes immoderate, or protract it so far beyond the ordinary period as to occasion great debility.

Though the sex are not ignorant, when it exceeds the natural or common proportion of quantity, too many neglect to avoid the causes of its redundance, or by proper means to moderate the complaint in its beginning; and it is from such inattention, that it frequently becomes so violent,  
and

and difficult of cure, as it is found to be, or so general a loss of strength with other sad effects ensue, that life itself is endangered by the excess.

Those of a robust habit, in whom the action of the vessels is strong, and who are employed in such occupations as require considerable bodily exertion, are very liable to this superfluity of discharge. Others who use a plentiful diet, and lead a sedentary, indolent life, as well as those whose constitutions have been much relaxed by frequent child bearing, or whose fluids are vitiated by a scorbutic or scrophulous taint, may suffer great weakness in the uterine system.

It would be highly improper to give repelling medicines to check this effusion,\* unless the person be evidently debilitated by it, and symptoms occur

\* The effect, not the measure of the evacuation, is generally the surest criterion by which to judge. The welfare of the constitution in certain cases requires more plentiful evacuations, and an imprudent attempt to diminish them has often been attended with fatal consequences.

*Manning on Female Diseases.*

Women of tolerable good constitutions may endure this discharge a considerable time; though not without some inconvenience: but if it is incautiously suppressed before the antecedent inciting cause be removed, leucophlegmatia, dropy, ill-disposed ulcers, or other cachectical symptoms will ensue.

*Anderson's Medical Remarks, p. 122.*

occur which render the propriety of their application beyond a doubt. Particular care should be taken at the time of menstruation by those subject to enervating discharges, to avoid whatever has a tendency to increase the force of the circulation ; therefore a stimulating diet, ardent liquors, vinous cordials, relaxing fluids, forcing medicines, violent bodily exercise, sudden passions of the mind, warm and confined habitations, damp houses, &c. should be all sedulously avoided.

When the discharge is immoderate, and attended with languor, great dejection of spirits, loss of appetite, thirst, coldness of the extremities, pain in the back and loins, it requires a particular regimen. Manning advises " that the patient should be confined to bed, when she ought to keep as free as possible from all agitations of body and mind. If the disease has been owing to a fulness, the diet ought to be thin and slender ; but if to any other cause, it may be chosen of a more nourishing, though never of a stimulating kind. In all cases however, when the flux is violent, wine ought to be used sparingly ; and some astringent medicine should be boiled in whatever is drank, especially where the disease proceeds from relaxation. And though the evacuation should be restrained, by a medicinal and dietetical course, the patient ought not

to



to return immediately to her former manner of life, because, until the vessels of the womb have recovered their usual tone, the disease is very apt to be recalled by any irregularity, and especially violent exercise. For this reason she is advised not only to persevere for some weeks in the use of the same medicines, which have proved successful in the cure, though in smaller and less frequent doses than formerly, but also to observe the same regimen. The best prophylactic, or preventative remedies which I have tried, are the bark and chalybeate water; the former of which is recommended at all seasons indifferently, but the latter only in the more temperate or colder months, especially where the disorder seems to proceed rather from a rarefaction of the blood, than a relaxation of the uterine vessels."

A few directions are given in the further prosecution of this work, under the consideration of flooding, which are necessary to be attended to; a close analogy between the one and the other naturally recommends a similar treatment.

The *fluor albus* is not unfrequently brought on by such irregularities in the uterine system as have been pointed out, particularly the last treated of, which often induces so great a relaxation of the  
womb

womb as unfits it for the purposes of procreation. It is however sometimes connected with and even antecedent to them. Its degree and duration greatly depend on the constitution, and the concurrence of occasional causes. Every age and temperament are liable to be affected by it, the early and advancing, as well as that of the later and declining part of life, the weakly and delicate, no less than those who live freely, but in these last it cannot be considered strictly as a disease, since in all probability they would not experience that freedom from bodily pain and sickness which they enjoy without it; and it has been observed, that, where astringent or drying applications have been made use of and produced great heat and irritation in the parts, nothing has appeared so proper as bathing them with tepid water and using discretionally suitable evacuations. Those who lead inactive lives, breathe in a cold\* and moist atmosphere, use a coarse and impoverishing diet, who have had miscarriages, tedious and difficult labours, &c. are particularly obnoxious to it. Considered simply, as a local disease, it seldom materially injures the constitution, but if protracted by neglect or imprudent management, or is connected with great weakness of the system, it then becomes

\* Manning, Cullen, &c.

becomes a matter of a ferious nature. It is more frequently the effect than the cause of ill health.

The want of success which has so generally attended the use of remedies in this complaint, seems to have arisen from their being administered on irrational principles by those, who have attended more to effects than the real causes that have induced them ; and from the sex themselves, who are too apt to conceal many circumstances, which, if disclosed, might throw a clear light upon the nature of it, and the causes which brought it on. Many have also an aversion to ask advice but in cases of exigency or pressing necessity. Hence it is, that it so often is augmented, undermines the constitution, and ushers in a dismal train of nervous and hysteric affections.

Great dependance has been placed on the virtues of external remedies, and it is not to be questioned, but, that in many cases they have been of essential service when applied immediately to the affected parts, by appeasing irritation, alleviating pain, and diminishing, by their astringency, a copious and troublesome discharge ; for this purpose a variety of lotions and forms of medicine have been used, such as strong decoctions of narcotic herbs, infusions of green tea, yarrow, tormentil,

tormentil, balauftines, archangel, oak bark with alum, Bate's alum water, Japan tincture diluted, and white vitriol, lotions of lime water with claret, smith's forge water, decoction of bark with honey of roses, and sugar of lead, fumigations and strengthening plasters to the loins. The benefit derived from these is but temporary, when the disorder proceeds from great laxity of the habit; internal remedies which alter the state of body and free it from whatever incommodes it, without exciting any sensible evacuation, and such as restore strength to parts weakened, are justly to be preferred. To attempt to eradicate a local complaint, which is owing to a constitutional cause, by outward applications, is as absurd as the plucking off the head of a noxious weed with a view to destroy it, at the same time that the root is left in the earth.

Subjoined, are a few plain, concise, directions, for the advantage of those who may happen to be affected with this malady at any period through life.

The discharge which affects infants and children before the commencement of the menses, may generally be removed by attention to cleanliness, washing the parts cautiously with warm milk and water, or if they appear inflamed and excoriated,

ated, with a decoction of comfry roots, adding a little of Goulard's vegeto-mineral water: and by a milk diet, and pure country air.

The means which have been recommended Sect. iii. should be pursued, when the disorder is connected with a retention of the menses, and the effects will cease, upon the removal of the cause.

When it follows an obstruction of the menses, and is attended with loss of appetite, sickness and head-ach; gentle rhubarb purgatives, or an emetic is proper, and afterwards a prudent use of bark infused in lime water, or bitter acidulated medicines. A full pulse, flushings in the face and darting pains in the head are symptoms, which are generally relieved by losing a little blood.

If occasioned by living in a marshy situation or moist atmosphere, it should, if possible be exchanged for one that is warm and dry, and in case the person cannot effect this, she is advised to wear flannel next the skin, which, by its warmth, abates those pains in the limbs so generally complained of. After being accustomed to its use, a very sensible satisfaction will be produced, and the person rendered less liable to many of those complaints consequent to obstructed perspiration.

Dover's



Dover's powder, in quantity fuitable to the age of the patient, taken at going to bed, and washed down with a warm draught of the decoction of the woods or spruce tea, is a very efficacious medicine, when this complaint follows menstrual obstruction, occasioned by taking cold.

The most powerful strengtheners of the nervous system, become necessary for those who labour under this disease in consequence of miscarriages, hard labours, &c. and whose juices are impoverished or tainted. With respect to medicine, this is to be under the direction of a regular physician, and on whose skill the patient ought with confidence to rely. The diet should be light, easy of digestion and nutritive; milk where it agrees will be proper, and of drinks the most suitable to the case under consideration are pure water with port wine, good porter, and medicinally, lime water and milk, cold Bath water, Bristol, or that of Pyrmont. A cautious use should be made of the cold-bath during the summer months, with such exercises as increase the circulation without any great exertion, such as riding, sailing, swinging, &c. during the intervals of menstruation.

Lastly, when it happens about that period of life, in which the menses finally cease, the directions

given in the case of such as dwell in damp situations are to be attended to, with this precaution, that those, who are of a robust habit, and have been accustomed to live freely, refrain by degrees from that indulgence. In very relaxed habits both at this stage of life and in the earlier part thereof, a prolapsus uteri not unusually happens; which requires assistance from a skilful surgeon, and ought never to be neglected.

Turpentine medicines, warm balsams, and other irritating substances, too often the basis of advertised medicines for this female weakness, have proved in many instances very injurious to those of delicate and consumptive habits, by producing heat, restlessness, nocturnal sweats, and disorders of the stomach. Their bad effects are by no means compensated by any good they may produce; and as they administer no permanent strength, which is the aim of every judicious practitioner, they are justly reprobated, and more efficacious forms of medicine substituted in their place.

## S E C T. VIII.

*Final cessation of the menses—the gradual manner in which it is brought on—some constitutions improved thereby—groundless apprehensions removed—precautions and the management necessary at this critical juncture.*

THE menses having continued for a certain number of years, at length become irregular, that is, they do not observe their usual periods, and are more or less in quantity; under these circumstances such a change is produced in the constitution as finally induces their entire cessation.

This alteration does not generally come on in a speedy manner; for if the constitutional powers, generally expressed by the term nature, have not been interrupted or weakened by disease, impaired by imprudencies committed during the progress of the discharge, or by a frame of body

which disposes more particularly to complaints\* in the decline of life, it is attended with no sensible diminution of the usual health, but imperceptibly steals on with advancing age.

“ There are some,” says the late Dr. Fothergill, “ who, from being invalids during a part of the season which is appropriated to menstruation, find themselves by degrees recovering health and vigour, to which they have been strangers during that period, when this discharge leaves them entirely. Very tender, delicate, relaxed habits, subject to copious discharges are very often much benefited by the cessation. All, however, are not so fortunate. Some alterations frequently supervene, that render assistance necessary.”

The frivolous, disheartening and superstitious opinions of some ancient writers, respecting the cessation of the menses, grounded upon a supposition that when they were either diminished or obstructed,  
something

\* About that critical period when the menstrual discharge is taking its final leave, there is always some struggle in every habit, and more especially in those who are sanguineous, and who have been accustomed to copious discharges, or increased secretions. After that period, all the latent seeds of diseases, especially gout, break out in the luxurious and inactive, whose blood and juices are depraved, and who neglect to prepare for such attacks.

*Dr. Anderson.*

Something injurious to the habit was retained,\* has had a very bad effect upon the female mind, by causing a particular dread and fear of a series of calamities which unavoidably must attend this period.

The removal of such groundless apprehensions, and in their place the substituting a rational confidence, that providence has amply provided for the security of the female sex in this respect, has been the design of some modern authors of eminence, but no one, it may be supposed, has given more satisfaction on this head, than the physician before mentioned, whose amiable character is too recent in the memory of the public, especially those of the medical profession, to require any encomiums that might be attempted in this place. They who wish for a particular information of this excellent person, may be gratified, by perusing the elegant and accurate accounts given of him by Dr. Coakley Lettsom and Dr. Falconer.

\* It is now well known, that the menstrual discharge is as healthy as any blood that circulates in the body, and possesses no deleterious qualities whatever, "that it is a redundancy formed for the most necessary purposes, continues whilst this necessity subsists, and ceases, when, according to the constitution of the female frame, it is no longer required."



It has already been observed, that the space from the first commencement of the menses to their final cessation has been considered by authors as a critical period; this however must be understood, as implying such a state of body as renders it more susceptible of injury from external as well as internal causes, and therefore requires a particular care and management, that irregularities may be prevented. The same cautions are necessary, with respect to the period now treated of, since about the time, when this takes place, many indispositions arise, and women find the disorders with which they have been afflicted in the former part of life, more frequently return, and that with a greater degree of violence than before.

Instead of employing very active remedies, and using endeavours, by strong heating purgatives, change of diet, &c. to keep up or bring on the discharge, which by the unerring law of nature is intended no longer to continue, if after the first or second suppression, a painful sensation is felt about the region of the womb, accompanied with fulness, heat, florid complexion and complaints in the stomach; the losing a little blood, and repeating the same evacuation, when any plethoric symptoms come on about the usual periods of menstruation, will have a good effect. If, after  
the

total cessation of the menses, women become corpulent and much improved in their general health, they ought to consider this as occasioned by plethora or fulness, for which nothing more is necessary than a few cooling laxative medicines, moderate exercise and proper diet. The copious discharges, so common at this period to relaxed habits, attended with great languor and debility, darting pains from one hip to the other, and affecting one or both of the thighs and legs, or an emission of clots of grumous or coagulated blood, (like those which are termed false conceptions) accompanied with very great uneasiness, &c. require a very skilful mode of treatment. Every thing of a forcing nature is to be avoided; the patient ought to live chiefly upon a light milk diet, enjoy the country air, attend particularly to her bowels, and live as much as possible in a state of tranquility and composure. The breasts are sometimes affected with darting, throbbing pains, from the change that takes place in parts connected with them by sympathy. The patient has nothing to apprehend from these sensations, provided her constitution has been healthy, and there is no morbid predisposition in the habit. If any small hardness or induration is felt, great advantage may be derived from a soft camphorated soap plaster; it will generally go off in time, and no

benefit can accrue from applying to inexperienced or unskilful practitioners.

In those who have been subject to scrophulous or glandular complaints, as well as habitual ulcerations, in the earlier part of life, an artificial drain or issue,\* in a convenient situation may probably be attended with success. The difficulty of healing sores in the decline of life, especially such as have continued any length of time, and the apparent ill effects which attend their healing, seems to justify the substitution of means, when the natural efforts of the constitution are insufficient. The painful sensations occasioned by ulcers in the legs, are often removed or greatly alleviated by supporting

\* The objections commonly made to issues, are too trifling to be regarded; the testimonies of men eminent in their profession among the ancients and moderns are sufficient to establish their use, in many complaints incident to the human frame. In obstinate constipation of the bowels, and weakness of the expulsive powers about the final cessation of the menses, it is well known, that medicines of the purgative kind, as well as injections, are generally ineffectual in obviating a habit of costiveness. What Dr. Anderson observes respecting issues, merits in such cases particular attention, "As I have seldom had occasion to prescribe a dose of physic for a person who happened to have an issue, even though frequently constipated before, I am led to believe an issue is efficacious in obviating habitual costiveness. The stimulating purge is only temporary, and does not radically, or effectually remove the cause: an issue removes not only the cause of constipation, but also that of relaxation."

porting the muscular parts by a flannel roller, and keeping up the limb affected in the horizontal position. In case of indolent, offensive, gleetings, attended with lividness and hardness of the surrounding parts, high callous edges, and a scaling of the skin with dryness and itching, great relief has been obtained by bathing the legs occasionally in a decoction of hemlock, and some of the emollient herbs, as marsh-mallows, &c. taking the bark or decoction of the woods, and by applying externally a soft carrot poultice. These affections are more troublesome at those times when the menses were formerly wont to appear.

By proper treatment most of the complaints incident to the sex at this stage of life may be obviated, or greatly relieved; and after the final cessation of menstruation, a share of good health may crown the remaining period of their existence.

## S E C T. IX.

*The change produced in the constitution by PREGNANCY—its symptoms aggravated by mismanagement—from whence complaints incident to that state originate—indispositions in the early months—who are most affected by them—treatment in cases of vomiting—bleeding when with propriety used—heartburn, treatment thereof—relief of slight affections—complaints occasioned by costiveness—what medicines are most proper for correcting that habit—vulgar prejudices against aperients, &c.—fruit recommended, and a caution to those who eat thereof—dangerous consequences of swallowing indigestible substances, and inattention to the state of the body during pregnancy.*

THERE is no operation throughout the human system in which nature seems to employ a more peculiar degree of solicitude, than in the formation of a new being, and in establishing those elementary connexions which are indispensably necessary



cessary for its growth. A change of such importance cannot be carried on, without the effects being sensibly felt: not only the parts allotted to this office are greatly exerted by the alteration produced in the circulation, in consequence of the distention and obstruction of the uterine vessels, but others of the nervous species are brought into sympathy with those fibres, whereby a variety of complaints are occasioned which render the state of pregnancy often painful and hazardous.

However natural and unavoidable those complaints may be considered, it is a well-known fact, that they are often aggravated by inattention and mismanagement; and many from a persuasion that they are trifling, as well as from a hope of being relieved at a certain time, bring upon themselves a series of ailments troublesome and distressing, which often continue so long as to weaken the constitution and at length render the prospect of their recovery from lying in very unpromising. From hence it follows, that as those who suffer least, during pregnancy, are better able to go through the period of delivery, and as there is a greater probability of their doing well than of those who have been much afflicted with pain and sickness, so it becomes a matter of the greatest consequence to prevent if possible, at least to alleviate  
many

many complaints incident to this situation with a view to the accomplishment of so desirable an end, as that of A SAFE DELIVERY.

Though many women appear to be more benefited than otherwise by pregnancy, yet others from a peculiar state or delicacy of constitution, experience much indisposition, and labour under complaints which from their severity and long continuance, merit particular attention; and it is for these that caution and advice are calculated, and accompanied with such directions as may, if put in practice, avert those dangers to which both themselves and children are exposed to in a pregnant state.

The ailments from the beginning of pregnancy to the approach of delivery, either arise from fulness or plethora, an increased sensibility or irritability, or from mechanical pressure of the enlarged womb on the surrounding parts. These different states and concomitant disorders come immediately under consideration; and it may be proper to observe the same track which the most eminent writers upon this subject have pursued, who divide the disorders of pregnant women into two different classes; first, those which attend the beginning of pregnancy, and secondly, such as are incident to its more advanced stages.

Many

Many of the early symptoms, which immediately follow conception, require nothing more than a few gentle evacuations, and occasionally palliative medicines. Those who are in health pay little attention to them; and it would be very improper at this time to disturb nature in her operations by the unseasonable use of powerful remedies, in order to remove symptoms more of the nervous and transitory, than of the permanent and dangerous kind.

But as pregnancy advances, and larger supplies of the circulation are necessary for the increasing growth of the fœtus, a great determination is directed to that part wherein it resides, and what is not disposed of by nature on the infant is readily thrown upon the stomach and other parts, more particularly the former, where it excites a peculiar stimulus or sensation similar to that produced by obstructed menstruation. It is to be remembered, that whenever any considerable change is produced in the uterus, the stomach is more or less affected by sympathy or nervous communication; hence, *sickness*, *vomiting*, and *heartburn* are usually the first symptoms; seldom any thing is taken for the first complaint, which generally comes on early in the morning; with some it continues throughout the day; and though in general it does not affect the

the appetite, yet in certain subjects it produces an aversion to food, or a desire for that which is often strange and uncommon. If it proves very troublesome, it may sometimes be removed by drinking quickly a draught of cold water, which, though a simple application, has in many cases had an immediate and powerful tendency, from its sedative quality to remove the nausea, especially when occasioned by increased sensibility of the stomach.

When the vomiting is moderate, its effects are rather salutary than injurious, for it not only unloads the ventricle of all superfluous aliment, and thereby prevents the too great fulness which it would otherwise occasion, but may have other good effects. It would therefore be highly imprudent to check it, unless it be frequent and violent "or continues much longer than the end of the fourth month," then it becomes an object of more serious attention, and ought certainly to be restrained, if possible, as it not only fatigues and exhausts the patient, but at length exposes her to the danger of miscarriage, with all its dangerous consequences. Many of the sex who are of a tender and delicate frame, and possess great sensibility, undergo much inconvenience from causes, which, in those of a more robust habit, would scarce produce any disquietude, and are so affected by these complaints,

complaints, that unless medicines are prescribed to abate them, a train of nervous, &c. disorders are brought on. Therefore such should be very careful to avoid improper diet, irregular living, anxiety of mind, or whatever has a tendency to increase that sensibility in the nervous system, which is different from that which is natural. If the vomiting does not yield to gentle stomachic medicines, such as cold infusions of spearmint, saline draughts, bitters acidulated with vitriolic acid, æther, &c. and food when taken is speedily rejected, more powerful means should be employed to diminish the irritability of the stomach, and to abate the plethoric state of the vessels.

To promote the first intention, especially when the natural rest is disturbed by the repeated actions of the stomach, about fifteen or more drops of the tincture of opium may be taken at bed time, in a draught of mint, rose, or cinnamon water, and in the day time the patient may drink repeatedly a tea-cupful of the infusion of columbo root, with thirty or more drops of the dulcified spirit of vitriol. A plaster of theriaca, camphor, and essential oil of mint, or the stomach plaster of the London dispensatory, has been found successful, if applied to the pit of the stomach, of sufficient magnitude to cover its whole region. It will be advisable



viſeable to keep the feet warm, as coldneſs in thoſe parts may increaſe the complaint by propelling the blood with greater force to the veſſels of the ſtomach, ſo as to cauſe them to pour out the ſerous part of their contents, which are evacuated by inſipid and painful eructations.

To anſwer the ſecond intention, viz. to abate the fulneſs of the veſſels, the loſing a few ounces of blood has been effectual, and the quantity to be taken away at the time muſt be determined by the degree of fulneſs, ſtrength and conſtitution of the patient.

It may not be improper to obſerve, that the cuſtom of loſing blood as ſoon as a woman perceives herſelf pregnant, under ſome circumſtances is to be commended, and proves very ſerviceable to ſtrong, ſanguineous conſtitutions, as well as to thoſe perſons who reſide in the country, and who before they were with child, uſually had a regular and plentiful flow of the menſes, and were ſubject to hyſteric affections. But they who are delicate, nervous, and whoſe diſpoſitions are very irritable, ſhould by no means ſubmit to an operation merely for the ſake of conſforming to a general uſage, leſt being influenced thereby, they comply with it to the prejudice of their preſent, and perhaps the  
deſtruction

destruction of their future health. This evacuation is with safety adviseable in all the stages of pregnancy in certain situations, but especially in the first months, since besides diminishing the tendency to inflammatory affections, it unloads the vessels, which by reason of their increased fulness might be ruptured by the efforts of vomiting, and thus prevents miscarriage.

Many have suffered by the unseasonable and indiscriminate use of bleeding, in consequence of consulting those practitioners, who are totally ignorant of its importance, or the propriety of its application in the cure of diseases.

If at any time a woman finds herself drowsy, and feels an unusual pain in her head, &c. a prudent use of this remedy may prove very beneficial, and be repeated as the symptoms become urgent. In cases, where blood is brought up by vomiting, nothing is found to be so speedily efficacious, as the drinking draughts of cold water impregnated with fixed air, applying a blister to the pit of the stomach, and losing a few ounces of blood.

The heartburn is sometimes very distressing, especially when attended with a constriction or

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tightness

tightness at the lower part of the stomach, with pain upon raising the body from a bent to an erect position, and with languor, sickness and vomiting. It frequently proceeds from a predominant acidity in the stomach, owing to a weakness of the digestive organs, by which its contents are retained too long and undergo an acetous or acid fermentation. In this case, the stomach should first be cleansed by an emetic, afterwards such medicines are to be given as correct acidities, joined with mild laxatives, and lastly to prevent as well as to remove these complaints, and to strengthen the digestive faculties, the infusion of bark recommended page 30, may be taken as there directed. The elixir of vitriol taken from twenty to thirty drops twice a day in a draught of cold water is a very proper medicine. In this case, acids operate as means of strengthening the stomach by their coolness and austerity upon its nerves; for during pregnancy its heat is often greatly increased from a considerable fulness of its vessels, and after cleansing it from foulness, or when it is most empty, acids, especially mineral ones, have a good effect; they excite that craving and sense of hunger, which always disposes the stomach to exert its powers, and it is only necessary for those, on whom it produces this effect, to refrain from an unlimited, or too free indulgence of their appetite.

A moderate degree of acidity seems necessarily employed for stimulating the digestive powers, therefore medicines known by the name of absorbents, or testaceous,\* should not be taken too often, or in large quantities; their use being only advisable in those cases where the acidity, from being too prevalent, occasions disorders. “†The acedcent state of the stomach, or tendency of what is taken to become sour, must be corrected by drinking lime water, &c. or when costive, by taking small doses of magnesia, to which when the stomach is much disordered, a few grains of fine rhubarb may occasionally be added.” Slight affections have been relieved, by mucilaginous drinks in which a little gum arabic and extract of liquorice have been dissolved, or by a few grains of vitriolated tartar in a draught of simple cinnamon water. Dr. Buchan recommends the chewing of green tea. When the heartburn is attended with a troublesome hiccup, a few grains of extract of hemlock may be taken in a saline draught, with safety and propriety.

G 2

Nothing

\* I was lately consulted about a woman, who, in consequence of taking a large quantity of powdered chalk, during her pregnancy, became obstinately costive, lost her appetite, complained of a dull oppressive pain in her stomach, and was very feverish. I ordered her to drink a strong decoction of tamarinds with manna, by the use of which she soon recovered.

† Dr. Hamilton,



Nothing tends so effectually to relieve the complaints already treated of, as due care to keep the body open. Costiveness, generally accompanies a state of pregnancy, especially the latter part of it, and seldom fails to produce a painful distention of the belly, head-ach, increased heat, especially by night, and an aggravation of every other indisposition. When medicines are judged necessary for correcting a habit of costiveness, such should be taken as increase gently the natural motion of the bowels, and solicit them to a more ready discharge of their excretions. All sudden evacuations in consequence of taking harsh purgatives, such as Scotch pills, aloes, colocintida, &c. not only weaken the intestinal canal, but the system in general, and have in some cases proved the cause of an untimely birth.

The most lenient cathartics, such as lenitive electuary, magnesia, soluble tartar, rhubarb, castor oil, cream of tartar, manna, imperial drink,\* &c. are by far preferable in the pregnant situation to any other aperients, and seldom any thing more powerful

\* Imperial drink. Take of cream of tartar, a dram, outer rind of fresh lemon peel a dram and half; fine sugar an ounce; boiling water a quart. When it has stood in a stone or porcelain vessel about half an hour, strain off the liquor. It may be used as ordinary drink, is very pleasant, cooling, and gently laxative.



erful will be necessary. Emollient clysters succeed better for the removal of costiveness in some habits than medicines of an opening kind taken into the stomach; but the generality of the sex, particularly those of the lower class, have a strange and mistaken prejudice against either laxative medicines or clysters, during pregnancy and lying in. This proceeds from the want of knowing the advantages thereof, and from not making a proper distinction between such as are mild, and those which are the reverse. Besides, female advisers who visit or attend them, being ignorant of the difference, prepossess their minds against such means as might prove to be of the greatest service.

Every sensible woman must be convinced upon the least reflection, that much more injury may be done, both to herself and child,\* by the forcible efforts of her bodily powers to promote a motion in a costive habit, than by the gentle, cooling operation of a lenient purgative, &c. or a few ounces of gruel, milk, whey, &c. administered by way of clyster.

G 3

Against

\* Puzos, enumerating the beneficial effects of clysters to those who have not strength sufficient to expel the intestinal discharges, says, "un autre bon effet des lavemens en ce cas, est de ramollir, et de délayer les matières, qui s'étant durcies par leur séjour, & par la chaleur excessive, ne pourroient être, chassées hors du corps, que par des efforts également dangereux pour la mere & pour l'enfant."

Against this mode of relief, however, objections are raised by those nurses, who are unacquainted with its advantages, and think an opening medicine will do as well. But many cases occur, in which the stomach is so irritable, as to be incapable of retaining any thing, much less a stimulating and nauseous draught; when a clyster may be of the greatest utility. It is however not at all to be wondered at, if such, as attend sick persons, disapprove an injection of this kind, which under their management fails of success, from their being uninstructed in the manner of applying it. And as some of the sex, though very sensible in other respects, cannot submit to an operation of this sort, when administered by others, from motives of delicacy, an ingenious instrument\* may be procured, by which with very little inconvenience they may themselves use the same means of relief. They who can afford to purchase it, will find it very useful in fully answering the purpose intended by it.

Vegetables, and a moderate use of ripe summer-fruits are very beneficial in this case; but in recommending

\* It is necessary to observe that whatever the clyster is composed of, should not be put into the machine of a greater degree of warmth than that which is a little more than of milk just drawn from the cow, otherwise the bowels may be injured, and the instrument rendered useless; this and the pipes, &c. belonging to it are to be kept as clean as possible.

commending fruit, a caution is necessary to those who swallow the stones of plums, cherries, &c. from an idle notion that they open the body and create an appetite. Disorders in the bowels are frequently occasioned by swallowing such indigestible substances, which are apt not only to be retained, but invert the regular action of the intestinal canal.\* And independent of the mischiefs they often produce in a pregnant state, labour itself becomes not only impeded, but attended with hazard.

About three years ago, I attended a poor woman of Whitcomb, near Bath, who, having been obstinately costive for upwards of a fortnight, and in the last month of her pregnancy, by the advice of some of her acquaintance, eat large quantities of plumbs, and swallowed their stones. These produced so great pain and irritation in the lower part of the canal, that she was supposed to be in labour, and by the direction of an ignorant midwife, who

G 4

was

\* The history of physic affords many examples of the worst consequences arising from such bodies lodging in the stomach and bowels. Sometimes, when the accumulation of them has been considerable, they have obstructed the alimentary canal altogether, and produced a miserable death in a short time; at others, they have made their way through different parts of the body, and caused either a long and painful illness, or death, by the hectic fever attending internal suppurations.

*Dr. Falconer,*

was called in, many heating and forcing things were administered with a view to facilitate her delivery. I found her in a high degree of fever, she vomited almost incessantly and complained of great pain in her bowels, &c. By the repeated use of emollient clysters and manual assistance a considerable quantity of sharp plumb-stones were brought away, but great mischief had been produced by them, and which was much increased by the officiousness of the midwife and the injudicious management of those about her. Her labour came on the day following, but proved very lingering and difficult, and after she had been brought to bed, so considerable an inflammation, &c. affected the injured parts, with an increase of her febrile symptoms, as made her recovery for some time very doubtful.

As there have been many instances of difficult and tedious labours occasioned by inattention to the state of the bowels during pregnancy, so among the causes of disorders, that of costiveness cannot be too much guarded against, nor that of error in diet too carefully avoided.

## S E C T. X.

*Diet of pregnant women—advantages arising from its simplicity—propriety of adapting it to particular circumstances—a vulgar opinion refuted—cravings for particular food—when an indulgence therein may be allowed—effects of improper regimen upon the infant—moderation recommended.*

**SIMPLICITY** in diet is a matter of great consequence, on account of the happy effects resulting from it.

According to Mofs, they who purpose to nurse their own children, may be particularly benefited by it: their infants are more likely to be healthy, free from complaints and thrive well, and they may reasonably expect a better and more speedy recovery from lying-in; provision plain and uncompounded he justly considers, as a matter very necessary to be regarded, and nearly, if not fully, of as much consequence for the attainment



tainment of this desirable event, as preparation for the small pox.

The disposition to fulcids and feverish complaints, and particularly to that irritability, which the pregnant condition is subject to, may be considerably augmented by stimulating food, whether naturally of that quality, or rendered so by artificial means, such as fermented and spirituous liquors. Those kinds of food are to be preferred which are light, capable of being easily digested, and consist of a due proportion of vegetable and animal substances. With respect to drink, pure water\*, where it agrees, is best, but much will depend on its purity and the source from whence it is obtained. A judicious writer observes "that the drinking of this element has a tendency to render the temper even and regular." If so, may it not be considered as generally proper for those, whose minds are readily affected by the irregular and weak state of the nerves incident to their situation? Where persons have been accustomed to drink malt liquor or wine, provided it be good, may continue the temperate use of it, but they ought to be sparing in that of relaxing fluids, such as tea, coffee, &c. which, when too freely or unseasonably

\* For the choice of water, see Dr. Armstrong's admirable poem on the preservation of health.

sonably drank, contribute much to the increase of nervous complaints by relaxing the stomach, and giving an addition to the sensibility of the system. The sickness, tremors, lowness of spirits, loss of appetite and heartburn, which they who drink them to excess labour under, and from which those are exempt, who use them moderately, confirm the truth of the above assertion. As constitutions differ, no invariable rule can be laid down respecting the kinds of food and drink; both should be accommodated to particular persons, and such chosen as they have been accustomed to; it may however be necessary to observe, that the milder the food is, the better; and every one should be careful to regulate herself, both with respect to the quantity and quality of it, as well as to the times in which nourishment ought to be taken. It is right that a just standard should be established in this, as in every thing else, upon which health depends.

There is an opinion very prevalent among the lower class of people, that better living or using a greater quantity of meat and drink during pregnancy and lying-in is requisite, from a supposition that a woman under those circumstances has need of more nourishment for herself and child than at other times, and that without  
such

such an extraordinary supply they can bear neither the fatigue of gestation nor the uneasiness of mind arising from complaints, which come on in a greater or less degree during those particular situations. Such frivolous notions hardly merit attention and are too glaringly absurd to need any refutation. More than is necessary of what we eat or drink debilitates the constitution by impairing the organ of digestion, the grand source of nutrition; and it would be a contradiction in terms to assert, that whatever weakens the habit should enable those, who pursue their business in any line of life, to do it with greater alacrity, or render women in particular less susceptible of diseases in either state above specified.

The all-wise author of nature has so constructed the digestive powers that we can gradually accommodate ourselves to every species of aliment; no kind of food hurts us; we are capable of being accustomed to every thing; but this is not the case with respect to quantity. By degrees almost every part of the creation intended for the support or increase of growth or strength, may answer those intentions; but to quantity nature yields: if there is not a sufficiency, decay ensues, if too much is used, fatal oppression is the consequence.

“ So heaven has form'd us to the general taste  
 Of all its gifts; so custom has improv'd  
 This bent of nature; that few simple foods,  
 Of all that *earth*, or *air*, or *ocean* yield,  
 But by excess offend —————

*Armstrong.*

Women, who are hardy and laborious, require rather an animal than a vegetable diet, the former being more strengthening than the latter, and a less quantity thereof being sufficient for nourishment. But a full meal, especially of animal food is very hurtful to the indolent and sedentary; it produces an inward weight, drowsiness, a preternatural degree of heat and too great an increase of the circulation. Late and full suppers\* occasion frequently great restlessness and oppression, disturbed sleep, and often that alarming and distressing sensation about the chest and stomach, called the incubus or night-mare, especially in those who are predisposed to it from a plethoric or full habit.

Many

\* A proper supper for pregnant women, especially those who are subject to obstinate costiveness, is oatmeal gruel with currants, a little brown sugar, and a spoonful or two of white wine. Those who have accustomed themselves to this mess regularly, have generally found that it has procured a regular motion every morning.



Many have at certain times during pregnancy so earnest a desire for some kinds of food which are not commonly made use of, or for substances of an indigestible nature, and so strong an aversion to such sorts of provision as they relished before with pleasure, that they can hardly be prevailed upon to conform to any rules, that may be prescribed for the regularity and propriety of diet. Some will observe no regimen how suitable soever to the situation they are in, and are too often persuaded by others to believe that they may freely indulge their choice, whatever may be the object of their fancy, without the least injury. Indeed, when this importunate desire, if not immediately gratified, produces a manifest dejection of spirits, and the body suffers in connexion with the mind, it is then necessary, that the cause of uneasiness be removed, and the thing longed for, if proper, as soon as possible procured, to prevent the more serious effects of delay or disappointment. But though in such a particular case a speedy gratification is not to be denied, yet in general it is adviseable to restrain rather than to encourage inordinate cravings, since there is sufficient ground to fear that an unlimited indulgence may occasion more disagreeable consequences to the mother than a denial is generally supposed to have upon the body of the child. In some cases the health of  
the



the latter may suffer from errors in diet committed by the former. For according to a respectable modern author,\* “there is too much reason to imagine, that much injury may be done to the child in the womb, by the imprudent conduct of the mother, and if things taken into her stomach can so materially affect the babe yet unborn (as experience evinces) is it not worth our while seriously and minutely to attend to the subject, in order to discover what may be particularly advantageous or prejudicial to the child in utero, in order that we may conscientiously set about to obtain the one, or guard against the other.” Lastly, when delicate persons, whose powers of digestion are languid, will submit to no restraint, but eat and drink to the full a variety of the richest viands, in common with those of a strong habit, and who can indulge for the most part without any sort of apparent uneasiness, it cannot be a matter of surprize, to hear many of that tender frame of body complaining of the ill effects thereof. Such therefore in a pregnant state will derive much benefit from moderation and discretion in this respect, as well as from seasonable acts of self-denial.

## S E C T.

\* Dr. H. S. Jackson.

## S E C T. XI.

*Affections of the breasts in consequence of conception—treatment thereof—too straitened dress very injurious to those parts, as well as to the organs of respiration—sinking of the nipples—in what manner restored to their natural state.*

IN consequence of conception, a more than ordinary connection takes place between the uterus and breasts; the latter are gradually enlarged, the circle surrounding each nipple appears broader, of a darker colour than usual, attended, in some persons, with a particular irritation about those parts, which increase in size, and look redder than before; slight shooting pains are felt throughout with uneasiness in the arm pits, and a secretion of a milky fluid. When the above symptoms are attended at certain intervals with slight shiverings, succeeded by increased heat, nothing proves so efficacious as losing a little blood, gentle laxative medicines, fomentations of warm milk and water, and

and immediately after, anointing the parts with camphorated oil, covering them with flannel and suspending them in soft linen cloths from the shoulders.

Wearing the stays tight over the breasts, is a practice at all times injurious, particularly in a pregnant state, for by depriving them of their proper freedom\* their natural shape and proportion are lost, they become flattened by the long and continued compression, and are often rendered incapable of performing the office intended them by nature;† the nipples sink, so that they are not without difficulty drawn out to their natural size, and sometimes this cannot be done at all.

Whoever considers the structure of the chest, which contains the heart and those important organs of respiration called the lungs, and how this cavity requires to be enlarged and diminished, sees plainly, that, whenever this motion is restrained, which it must be to a considerable degree by tight lacing the stays, the constant flow of

H

air

\* Mofs.

† Mr. White observes, “ that hard working, labouring women, who are obliged to go very loose about their breasts generally make good nurses, and that too with very little trouble.”

air into the lungs, and its reflux into the atmosphere, is greatly obstructed, and the constitution itself eventually injured. Likewise if pressure from the stays is applied to the lower part of the trunk of the body, the womb is prevented from ascending, and either a miscarriage is the unhappy consequence, or the belly becomes pendulous, a circumstance which is not only very troublesome, but has a great share in producing difficult labour, and many inconveniences as well before as after it. This increased bulk anteriorly, so commonly met with among the inferior class of women, is generally owing to the above practice, or to their wearing hard stays,\* rendered heavy by their weight and large pockets affixed, &c. and many of them have still a very mistaken notion, that the lower the burden they carry is pressed downwards, the less difficult will their labour be. It requires no great share of reasoning power to confute so dangerous an opinion.

The body should therefore enjoy perfect ease and freedom with respect to dress, that nothing, either by its weight or pressure may give uneasiness, or painful sensation.

The

\* The stays now generally worn are entitled to recommendation from their lightness, and giving more latitude to the breasts than has been usually allowed, by which the inconveniences above recited are obviated.



The nipples are sometimes sore and inflamed at this early period of gestation; and as inflammation is apt to be extended from them to the breast itself, timely recourse should be had to such means as may prevent this effect. A tincture of the buds of the tacamahac tree in brandy, has been successfully used. The brine of salted meat, proves generally too irritating, especially when the heat is considerable and the nipples chapped; in this case, washing them with a weak solution of sugar of lead and honey of roses will be found more serviceable. When they are sunk into the breast, an attempt should be made to draw them out, otherwise it will be difficult and perhaps impracticable for the mother, however desirous she may be, to give suck; for this purpose a variety of glasses have been invented and applied, but that which is to be preferred to all other means is the *elastic nipple machine*, which may be used by the person herself in the following manner:

Press the air out of the bag, without removing the compression, then place the glass cap, which is affixed to it, upon the breast, so as that it may receive the nipple; upon taking off the pressure, so great a suction is produced (provided the elastic is equally round), as draws out the nipple by degrees till it assumes its proper size. The machine if



properly applied firmly adheres to the breast, where it may remain about the space of a minute, a very small degree of pressure on the bag will disengage it) and the use of it may be repeated discretionally. Before it is used a little warm water should be drawn into it, and then ejected, not only for the purpose of cleaning it\*, but to render the whole warmer and consequently more agreeable to the sensation of the patient, or it may be held in the hand, until it acquires a proper degree of warmth. This circumstance ought never to be omitted, because if applied cold, it will sometimes occasion a further shrinking or contraction of the nipple within the breast, whereas, if made use of when warmed, it will have a tendency to relax and favor the elongation of this tender vehicle of nourishment.

## S E C T.

\* When it is made use of, to unload the breasts, after delivery, of a flow of milk more than proportionate to the demands of the infant, and so much is drawn out as may be supposed nearly sufficient to fill the machine, after the contents are discharged, it should be rinsed out with warm water, then turned with the glass downwards, and dried with a soft cloth, but never put before the fire for that purpose.

## S E C T. XII.

*Treatment of certain complaints in the first months—dejection of spirits and irritability of the constitution considered—the evil tendency of exciting painful apprehensions of those who are thereby affected—means of diverting the mind from melancholy ideas—the great advantages of exercise—dissuasive from an indulgence in the use of spirituous liquors.*

**B**EFORE some in the pregnant state suffer much inconvenience from the size of their burden, they usually experience a degree of weakness, pain in the back, head, loins and bowels, giddiness, transient attacks of the tooth-ach, drowfiness, &c. which are generally symptoms of plethora or fulness of blood.

For the mitigation of such complaints, nothing proves so serviceable, as motions, procured by means of clysters, or a draught of some mild laxative medicine, bleeding, and the semicupium.

Some, have at this time, more or less of the same uneasy sensations, which usually attended menstruation before pregnancy, for the removal of which, the medicine subjoined\* is recommended, provided the patient is not troubled with the piles.

Throughout the whole period of pregnancy, women are more or less liable to dejection of spirits, hysteric affections, and sometimes to actual fainting.

Many especially with their first child, have certain gloomy ideas which often no persuasions have power to remove. Such claim our pity, and are entitled to every kind office from a husband, parent and physician, to dissipate every alarming apprehension, and to alleviate as far as lies in their power every painful effect of their situation.

But whatever discouraging thoughts may oppress their minds, it ought to be matter of consolation

\* Take of hepatic aloes, one dram,  
Saffron half a dram,

Boil these ingredients gently in a pint of water, 'till the quantity is reduced to half a pint, when cold, filter it, and add,

Aromatic tincture,

Dulcified spirit of vitriol,

And compound spirit of lavender, of each 2 drams.

A table spoonful or more may be taken at any time when the pain comes on.

lation to them, that though many of their complaints are distressing, yet these are seldom or never dangerous, unless aggravated by disorders which happen to the body, as well at any other time as in this, or which arise from inattention, or proceed from that inhuman and vulgar practice of communicating to them such pieces of intelligence as serve rather to give them uneasiness than comfort.

Nothing contributes more to the enjoyment of health, both of body and mind during this state, than a firm reliance on the kind providence of God, whose peculiar care is remarkably conspicuous in the preservation of such as stand more in need thereof than others. He has for wise reasons ordered, that when they have entered into those connexions which subject them to the distinguishing functions of their sex, though they are to experience inconveniencies and sufferings in a greater or less degree, yet therewith they have the prospect of an event at once pleasing and hopeful, which in all human probability will make more than amends for whatever uneasiness they feel or pains they may undergo in consequence of the circumstances they may be in.

To alarm the fears of those who are afflicted with any disorder, when no good end can be answered by so doing, is highly blameable, but much more so is it, incautiously to disturb the minds of persons in a state of pregnancy or lying in. "The many of those" says Dr. Buchan, "who die in this last situation, are impressed with a notion of their death a long time before it happens, and there is reason to believe that this impression is often the cause of it; the methods taken to impress the minds of women with apprehensions of the great pain and peril of childbirth are very hurtful. Few die in labour, though many lose their lives after it; which may be thus accounted for. A woman after delivery, finding herself weak and exhausted, immediately apprehends she is in danger; and this fear seldom fails to obstruct the necessary evacuations upon which her recovery depends. Thus the sex often fall a sacrifice to their own imaginations, when there would be no danger, did they apprehend none."

Such apprehensions, have the effect of greatly weakening the whole nervous system, produce fainting on the most trivial occasions, and render complaints dangerous, which a firmness and resolution of mind would have overcome.

Therefore,



Therefore, it is a duty incumbent upon those who are any wise employed about the persons of such as are in this situation, (and motives of humanity will dictate its propriety) to diminish as much as possible the sensibility of bodily and mental sufferings, to soothe them under whatever pressure they feel, and administer hope, the greatest of all cordials, and which frequently is more powerful in its beneficial influence, than all other means which can be prescribed.

To divert the mind from disconsolate ideas, or uneasy apprehensions, all such means ought to be used as appear best calculated to cheer and comfort the person who suffers from those causes. Many affected with nervous complaints have found their vital and animal functions roused, their disquieted spirits composed, the circulation of the blood increased, and the whole frame invigorated by changing a close and confined situation for one which is free and open.

“ To please the fancy is no trifling good,  
Where health is studied; for whatever moves  
The mind with calm delight, promotes the just  
And natural movements of the harmonious frame.”

*Armstrong's Art of preserving Health.*

By

By such rational amusements as tend to exhil-  
 rate the spirits and not to corrupt the affections,  
 the thoughts of those particularly referred to may  
 be turned from an anxious anticipation of what  
 they may undergo, before the time, and by asso-  
 ciating with those who are of a social and lively  
 disposition, may pursue the several duties of their  
 station without any painful solicitude, pass through  
 the pregnant state with cheerfulness, and meet that  
 of lying-in with a becoming fortitude. It may  
 here be added, by way of caution, that the state  
 of mind in which some make themselves unhappy  
 before hand, as well as nervous affections in ge-  
 neral, are not only occasioned, but increased by  
 a sedentary and inactive life.

During pregnancy some degree of bodily exer-  
 cise may be considered as indispensably necessary  
 for the preservation of health, as walking upon  
 level ground, and they whose circumstances will  
 admit of their using the motion of a horse or car-  
 riage in an healthy situation, will find the powers  
 of nature thereby quickened, the appetite in-  
 creased and themselves much better enabled to  
 perform the maternal offices. The truth of this  
 observation is confirmed, by observing the free-  
 dom from pain or sickness which those women  
 usually

usually enjoy who are obliged to work for their daily support,

“ Their habits pure with plain and temperate meals,  
Robust with labour, and by custom steel’d  
To every casualty of varied life ;———

*Armstrong's Art, &c. B. 3, p. 54.*

Exercise notwithstanding has been objected to from a supposition that it may bring on miscarriage ; but 'tis now well known that a prudent use of the former, has been a means of preventing the latter ; for as it generally happens to them who are of delicate and nervous habits, or who lead sedentary lives, or have weak constitutions ; so they who use whatever means may increase the strength of the body or invigorate the system, will have the fairest chance to preserve themselves from this evil.\*

They who are afflicted with nervous complaints, or lowness of spirits, are dissuaded from seeking relief by drinking spirituous liquors or heating

\* The miliary fever is sometimes the effect of great coldness during pregnancy, but its most general cause is indolence. Such women as lead a sedentary life, during pregnancy, and at the same time live grossly, can hardly escape this disease in child-bed.

*Buchan's Domestic Medicine.*

heating cordials. The refreshment thereby attained is of short duration, and when the stimulus is abated, a great depression succeeds,\* the pain and anxiety return with increased violence, and this is admitted as a plea for repeating the same insidious remedy.

A very pernicious habit is hereby introduced, the effects of which are severely felt not only during pregnancy, but in the time of lying in, when an increased disposition to fever is excited, and dangerous complaints subsequent thereto brought on.

## S E C T,

\* Did this bewitching poison actually cure or relieve persons who labour under a lowness of spirits, from time to time, something might be said to extenuate the folly and frenzy of such a course. But on the contrary, it heightens and enrages all their symptoms and sufferings, ever afterwards, excepting the few moments immediately after taking it down; and every dram begets the necessity of two more, to cure the ill effects of the first; and one minutes indolence they purchase with many hours of greater pain and misery; besides making the malady worse or more incurable. Low spiritedness in itself is no disease; besides that there are remedies in art that will always relieve it, so long as there is any oil remaining in the lamp; and 'tis in vain to try to raise the dead. Exercise, abstinence, and proper evacuations with time and patience, will continue to make it tolerable, very often they will perfectly cure it.

*Cheyne's Essay on Health and long Life, p. 53.*

## S E C T. XIII.

*Flooding—danger which attends it—how it may be distinguished from the menstrual discharge—necessity of an early attention thereto—treatment during its continuance.*

NO circumstance which attends either the pregnant or lying in state, so peculiarly exposes women to danger, as that uterine flux, commonly called flooding, and the ill consequences which usually proceed from it, and bring on a premature expulsion of the fœtus. This may be owing to negligence in avoiding the causes which induce it, or in not moderating the first onset of the disease by proper management.

It becomes more or less serious in proportion to the advancement in pregnancy, and, a few cases excepted, small discharges in the early months have been restrained by timely attention, and the person has gone on to her full time.



As some have a regular appearance of the menses for the first three or four months after conception, and others very rarely throughout the whole period of gestation, it may be proper to make such a distinction between the menstrual discharge and flooding, as may serve to point out, the proper mode of conduct in either case. The dissimilarity of symptoms has been thus described by Dr. Manning, "The menses of pregnant women still keep an appearance of regular periods, and are always less in quantity than the natural discharge; whereas, a flooding is either continual, or observes no periodical returns, and it is likewise much more profuse. Besides a flooding is generally attended with a considerable degree of pain, and, after it has intermitted for some time, is apt to be renewed by the slightest accidents; neither of which is the case with the more regular flux."

Therefore, if a woman has a discharge about the third month; without any considerable degree of pain or frequent inclination to comply with the common calls of nature, it may be considered as the menses, in which case, she is advised to keep herself quiet in mind and use very gentle exercise.

But

But should, about the time before specified (when miscarriages usually happen) a violent pain be felt in the back and loins; sickness, vomiting, &c. especially if it follows some sudden surprise, the greatest care is necessary, otherwise the pain may increase, a discharge more or less in quantity succeed, and a miscarriage unavoidably ensue.

However inconsiderable the pain at first may be, it should nevertheless be not lightly thought of; especially if accompanied or followed by a discharge; in this case it deserves serious attention, to whatever cause it may be imputed, or however slight its commencement may have been.

The threatening symptoms before mentioned may often be removed by timely bleeding, gentle laxatives and the cooling treatment. With respect to the first mean of relief, a distinction ought always to be made between a fulness and a deficiency of blood, between one person of a strong habit and florid complexion, and another of a delicate frame and pale countenance; otherwise the remedy may prove to be worse than the disease.

As any degree of motion, and the erect position of the body, tend to increase the discharge, it is recommended, that the patient go immediately to bed,

bed, lie with her limbs extended, and be kept from the least tumultuary emotion of spirit. A hair or straw mattress is to be preferred, on account of its coolness, to a feather bed, and as lying upon the back and with the head low, are both liable to objections, she should be indulged in that attitude which is most agreeable to herself, and such a one may be chosen, in which there shall be the least necessity of frequently changing her position. Her covering should be moderate, adapted to the season, the size and dimensions of the chamber and other circumstances.

A free circulation of pure and cool air should be admitted into the room, the degree of it should be suited to the exigencies of the case, and what the patient has been formerly accustomed to.

Instead of stimulating and heating cordials, small quantities of some light and cooling food, should be given from time to time, such as gruel made of fresh barley, rice, sago, panada with claret or any other wine in small quantity,\* and such drink as barley water acidulated with orange, cit-  
ron,

\* It is still the custom among many, to give port wine warmed with spices, &c. with a view to restrain flooding; it is however extremely dangerous, it heats the body, and often occasions so copious a flow of the discharge, that some have sunk under it.

tron or lime juice, imperial, lemonade and other cooling and refreshing liquors, which support the strength without quickening the circulation.

If there be an occasion for medicine, an infusion of red roses, with spirits of vitriol and tincture of opium, may be taken, or small and repeated doses of Mead's styptic powder, or the extract of columbo root dissolved in the nitre julep.\*

Should a miscarriage not have taken place, and yet the discharge be considerable, there will, in this case, be little or no possibility of averting it; when it happens, an effectual stop to the flooding is generally thereby occasioned.

When however, the constitutional powers are much exhausted, and the discharge profuse, attended with little or no pain, cooling sedative applications are to be made immediately to the parts, cloths moistened with vinegar and water, in which a little nitre and sal ammoniac has been dissolved, may be applied to the loins, back and belly, and renewed

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as

\* Dissolve one dram and half of nitre in a pint of pure spring water; add half an ounce of sugar, and one ounce of lemon juice. A table spoonful may be taken as often as the stomach will bear it.

as they grow warm. *Dr. Anderson* recommends the simple application of a large slice of toasted bread dipped in claret, in which some cinnamon is boiled, and repeatedly applied to the umbilical region.\* This he affirms, has stopped flooding, and preserved life, when almost exhausted. *Dr. Denman* advises, when the exigences of these cases require very powerful assistance, the coldest applications; "every thing, actually or potentially cold, even ice itself, if it can be procured, may be used with probable advantage."

However strange and severe such a mode of treatment may appear to the undiscerning, the particular condition, which the patient is in, absolutely demands it; and it may not be improper to add, that throughout the practice of midwifery there are many trying situations, which require in the practitioner great firmness and resolution; and where, in the necessary performance of his duty, his finest feelings must be suppressed for the safety and preservation of the person under his care.

Few cases of abortion require any extraordinary or manual assistance, unless those which happen  
at

\* The middle of the belly, a little above and below the navel.



at a more advanced period of pregnancy, when the profuse discharges become alarming from the increased size of the vessels, and the magnitude of the uterus and its contents.

The expediency of proper measures to be taken under such circumstances, is best known to the regular practitioners of the obstetric art; therefore it will be adviseable, that women should not only apply for their advice, but likewise be directed by them in the choice of proper nurses, that they may, by the united assistance of both, be soon restored to the perfect enjoyment of health.

## S E C T. XIV.

*Miscarriage—necessity of rest when the event has taken place—vulgar notion respecting abortion—mischiefs resulting therefrom—causes which induce that disorder—probable means of prevention.*

WHEN a miscarriage has taken place, great care is necessary, that the person, whose constitution has been thereby more or less debilitated, may enjoy rest; to procure which, an anodyne draught\* will be very proper. And every precaution, which will hereafter be given respecting the management during lying-in, should be attended to, as a matter of importance; since there is too much reason to suppose, from a very erroneous opinion with respect to abortion, as if it were a matter of little consequence, or at worst not of so serious

\* Take of spermaceti emulsion, two ounces,  
Tincture of opium, twenty drops,  
Syrup of marshmallows, half an ounce,  
Mix them; it may be taken at bed time and repeated occasionally.

serious a nature as the act of bearing children, that many indiscretions have been committed, which have laid the foundation of tedious as well as incurable disorders.

By *miscarriage*, the constitution suffers a very considerable,\* and too often an irreparable shock. Every one therefore, to whom a misfortune of this sort can happen, should use the utmost caution to prevent it, by carefully avoiding such causes, as are likely to bring it on.

If inquiry be made into the sources from whence it commonly arises, these will be found to be, the indulgence of violent passions, a mode of living inconsistent with the order and simplicity of nature, a view of objects in distress† or in imminent

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danger,

\* When a miscarriage has once taken place, it is very apt to become habitual; the weakness produced thereby in the constitution, disposes to its recurrence at the same time in a succeeding, as it did in a preceding pregnancy, and it is with the greatest difficulty prevented afterwards. The danger is generally rated, according to the cause by which it was produced. Where it happens in consequence of fevers, consumptions, small-pox, &c. the danger is considerably heightened. This is however not a general rule.

† Those who are influenced by tender and sympathetic feelings ought never to attend others labouring under bodily affliction, much less should they, who are pregnant, be present with those of their own sex, who are suffering the pains of labour. It is no unusual thing for women who are not very easily affected with common scenes of distress, to

danger, the hearing of dreadful accounts, or reading melancholy stories, in short, whatever else can either injure the body or disturb the mind.

As the female species of the irrational is less subject to this disaster than the same class of the rational creation, so among the human race, they who care for no other delicacy of fare or curiosity of diet, than that which is sufficient to maintain life are not so liable to suffer from this cause, as others who gratify their taste in good living or delight in the pleasures of the table. For whilst, through an indulgence in ease and plenty, they relax and weaken the vigour of their constitutions, the

complain of sensations similar to those which precede labour, in consequence of having seen others in a state of parturition; and there is no doubt, that the effect produced by the same means in those of very irritable dispositions, has been in some instances, a premature delivery. That it may occasion fainting, &c. the following case will sufficiently evince.

I lately attended an healthy woman in labour with her first child, and in consequence of her being advanced in years, it proved lingering; more pains and patience than ordinary were likewise requisite to produce the desired effect. A woman present being with child, but in perfect health, seemed very much affected, at length turned pale and was seized with strong hysteric paroxysms; from which however she soon recovered, by being conveyed into another apartment, by the admission of pure air and the application of cold water. This circumstance led me to enquire of her, whether she had ever before this time had any hysterical complaint, or ever fainted away. She answered in the negative. This may be considered as a convincing proof of the increased irritability of the pregnant state.

the industrious cottager whose bodily strength is supported by plain and artless provisions, and whose mind is undisturbed with imaginary wants, rarely miscarries, unless from any sudden accident, or some acute disease.

They, who from a regard to health consult not so much their own taste as the wholesomeness of their food, and to preserve their minds in a tranquil state, study to shun whatever may be the occasion of disquietude, rarely fail of a happy delivery. Nor do those, who are of a delicate frame, which exposes them to sudden emotions, merely on that account prove unsuccessful in this respect, unless their constitutional weakness proceeds from or is connected with a particular uterine indisposition.

There are instances upon record of pregnant women who have met with difficulties and hardships, and notwithstanding advanced to their full time. This may be attributed to their minds having been fortified with an expectation indulged with pleasure of an happy issue out of the situation they were in, and to a less susceptibility of the fatigue they were obliged to undergo. Their composure and steadiness of mind, with a degree of confidence that the event would be successful,

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rendered



rendered the circumstances they were in rather the subject of hopeful than unpleasing reflection.

It is observed by certain authors, that miscarriages have been occasioned by uncommon longings for things which cannot soon or easily be procured; or that, if the desire is not gratified, the body of the child will be impressed with the likeness or colour of that which the mother longed for.\* An opinion also, that a child may be marked in consequence of its mother's having had a sudden fright, or seen a mutilated object which has raised a painful emotion in her mind, no doubt has had a very injurious tendency, by converting an imaginary into a real evil.

Though it is necessary that women with child should avoid if possible disagreeable objects, yet if such have unexpectedly occurred to their observation, and they have even fainted at the sight; this circumstance, or suspension of animal motion, should give them no disquietude afterwards or apprehension

\* This subject has given rise to different opinions. Some deny that the mind of the mother is capable of influencing the body of the child, and others as warmly contend for the power and force of imagination. This, with many other phænomena in the works of nature, is with difficulty accounted for, and a curtain seems drawn before our eyes, which for the present eludes our researches and most diligent investigations.

apprehension that the child, with which they are burthened, will be any wise marked or deformed. For a more miserable state cannot well be conceived, than that of the mind filled with constant fear of some approaching evil. That this is unfortunately and too often the case, is evident from the many expressions of concern after a woman in that condition has met with any accident, or seen any thing that has given her uneasiness. As, however, those who have been much terrified during pregnancy, have had children in every respect healthy and well formed, it is seriously recommended to the sex, never to listen to the idle stories of gossips, collectors and retailers of dismal news, or those who attend to every ones business except their own, but firmly to hope, that when they are pregnant, whatever may happen, the event of their situation may be successful.

During the prevalence of epidemic and contagious diseases, such as the catarrh,\* influenza, &c. if women in a pregnant state be affected by them, and the symptoms thereof are suffered, through want of medical assistance or care to increase to any

\* Catarrh, an inflammation of, or increased secretion, from the mucous membrane of the nose, throat, eyes, &c. accompanied with various symptoms and more or less degree of fever.

any considerable degree, they are very liable to miscarry. Two instances occurred to me last year when this effect was occasioned by the epidemic catarrh : the patients were poor women in the early months of pregnancy, who, in consequence of disregarding the first symptoms of the disorder, were affected with violent inflammatory complaints, excessive vomitings and purgings, and at length a premature birth ensued.

The greatest attention ought therefore to be paid to the beginning of those diseases, that the dangerous event, to which they tend to expose the patient, may be obviated.

Upon their first attack, confinement within doors is necessary, and where medicines of the antimonial and diaphoretic kind can be conveniently administered, these will generally be found efficacious in removing the feverish symptoms, and procuring a speedy termination of the disease. For this purpose a few grains of James's or Dover's powder may be taken in bed, drinking freely of some soft mucilaginous infusion, to assist their operation. The troublesome cough, attended with foreness of the throat, &c. and painful expectoration may be considerably relieved by taking frequently small draughts of spermaceti emul-  
sion

sion with syrup of poppies, and occasionally marmalade of quinces, oxymel of squills, with mucilages of gum arabic, tragacanth, &c. which defend the excoriated membranes from the action of the external air or the acrimony of the secreted fluids. When this symptom is attended with a remarkable stricture or tightness in the chest, laborious respiration and acute pains in the head, a few ounces of blood taken from the arm,\* and a blister applied to the side will be of service.

The soreness of the throat, and rheumatic affections are considerably diminished by the external use of the camphorated volatile liniment and flannel. The great debility occasioned by the long continuance of catarrhal and other complaints, may of itself dispose to miscarriage, therefore a prudent use of bark, cordials and a strengthening regimen are necessarily indicated whenever that happens.

### Abortion

\* Dr. Lettsom in his account of the epidemic catarrh of the year 1788, says, " Like former epidemics of the same kind, it varied considerably, not only in the symptoms that accompanied it in different persons, but likewise in the degree of violence and duration of those symptoms, as well as in the order, in which they took place. In some, who had the disease very slightly, the symptoms went off in the course of a few hours; but more commonly they lasted several days, and in many had not subsided at the end of a month.

*London Medical Journal*, vol. IX. part IV.

Abortion has in some cases arisen from the imprudent use of violent medicines, which increase the velocity of the blood and determine it suddenly to the womb and contiguous parts. Such however are never taken, but by those unhappy women, who do it, in order to destroy, by an untimely birth, the fruit of their indiscretion; and though some of that stamp have escaped with impunity, the greater number have oftener destroyed themselves than effected their purpose. *La-motte*, gives the case of a girl who to procure abortion took some violent purgatives, &c. but was found dead in her apartment, in which she had secreted herself.

Those, who are liable to miscarry have been able to complete their full time of pregnancy, by the judicious use of mineral waters; and others, who before laboured under obstinate uterine complaints, and even barrenness, by drinking the Bath waters and bathing therein, have been restored to the power of conceiving and of becoming joyful mothers of children.

Lastly, to prevent miscarriages, after they have once happened, it is absolutely necessary that women lead a regular and temperate life, avoiding every thing which may create any disturbance in  
mind



mind or body, such as confined apartments, crowded assemblies, violent agitation or exercise, restricted dress, &c. Those of strong full habits should use a spare diet and occasionally take cooling medicines; and others of an irritable and debilitated frame, who miscarry from a relaxation of the womb, or some fault in the constitution, should use a nourishing diet and the most powerful strengtheners of the solids. Experience however proves, that oftentimes more will depend on the conduct of the patient herself, than any aid that medicine can administer for the prevention of this disaster.

## S E C T. XV.

*Disorders in the latter months of pregnancy—importance of attention to them—from whence they arise—means of relief.*

THE complaints which fall immediately under consideration, are incident to *the latter months of pregnancy*, and arise from the enlargement of the womb and its different situations, which may affect the neighbouring parts by its weight or pressure.

Some of them have a great affinity to those in the first months, yet require a different mode of treatment, on account of the dissimilarity in the causes which produce them.

The importance of attending to every indisposition during the state of being with child, particularly in its more advanced periods, is, it may be supposed, sufficiently obvious; Dr. Denman is of opinion “that greater attention ought to be paid  
even

even to the same symptoms which occurred in preceding stages, for if a woman is not free from disease at the time of labour, the process will be disturbed, or dangerous effects will appear afterwards."

Generally the first complaints, in consequence of the pressure and enlargement of the womb, before it has emerged above that cavity, called the pelvis, are an obstinate and sometimes a painful constipation of the bowels, and an impossibility of, or great difficulty in making water. In these cases, emollient laxative clysters,\* not only promote the ejection of that, which might prove highly injurious by being retained, and appease the irritation thereby occasioned, but act as a fermentation to the surrounding parts, relax the urinary passage, and cause the water to be freely discharged. The semicupium† often proves equally serviceable in forwarding this last intention. If the patient expresses an unwillingness to submit to this mean of relief, lenient purgative medicines are

\* Dr. Hamilton advises, "that when clysters are given to remove obstinate costiveness, they should be repeatedly administered, of the most simple kind, such as warm water with three or four table-spoonfuls of fine oil, or a solution of castile soap; since it is to the diluting, resolving effects of these injections, that we chiefly trust.—If necessary, some gentle stimulant may afterwards be added, of which about a quarter, or half an ounce of common salt seems to be the best.

† Half bath.

are to be substituted for it, though they are by no means so easy in their operation or productive of the end desired, as that to which a disinclination may be shewn.

The patient should particularly avoid the use of diuretics, or such medicines, &c. as increase the secretion of urine; for if they do not (which is seldom the case) at the same time give the power of expelling it, must evidently do harm, and very serious consequences have arisen from too great an accumulation of this fluid in the bladder, either from some pressure within or without, or that dangerous custom of retaining it by being too long engaged in company, business, or by inattention to the call of nature; in consequence of which, this viscus and the parts connected with it, have been much weakened, and not unfrequently so diseased, as to be unable to perform their respective functions.

If anodynes, warm fomentations, and change of position are not productive of the desired effect, the catheter must be made use of, which is an instrument calculated for the purpose of drawing off the water in case of total obstruction, and by which many valuable lives have been preserved. Its introduction by a skilful surgeon gives  
little

little or no uneasy sensation, and presently relieves the patient from a very painful, dangerous and distressing state. Its utility is not confined to the present instance, but is used with manifest propriety at other times, when this interruption necessarily requires the use of it.

Upon the removal of the pressure upon the neck of the bladder in consequence of the rising of the womb out of the pelvis, this last complaint generally goes off; but if the uterus\* inclines forwards, or be pressed down by hard and tight stays, &c. it subjects a woman to another cause of great uneasiness and inconvenience very different in its effects from that which has just been taken notice of; and this is an incontinence, or inability of retaining the water, which distills continually in drops, and sometimes by the violent efforts of coughing, vomiting, &c. is forced away in a large quantity at once.

Though this involuntary emission be not dangerous, it is very disagreeable, and seldom cured but by delivery. In order to counteract the pressure of the surrounding womb upon the fundus of the bladder, and alleviate, if possible, this complaint, the belly ought to be supported by a proper bandage, or a kind of under waistcoat sup-  
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ported

\* Womb.



ported by long strips of cloth passing over the shoulders. Rest in a recumbent position and a proper regimen afford considerable relief to those who labour under it.

The bowels ought to be kept in a relaxed state, since costiveness independent of other disorders, may, by the exertions which are necessary in that state, subject the uterus to such immoderate compression, as to induce miscarriage, or a disorder very troublesome, which comes next under consideration.

The hæmorrhoids or piles, are in some preceded by a pain in the stomach and bowels, which attacks them with such severity as to resemble those of labour: they are of two distinct kinds, and are either in a bleeding state and thence called open, or from being unaccompanied with any discharge, or with a very inconsiderable degree of it, are termed blind. These last, generally prove most troublesome, are apt to become more inflamed by great exertions in going to stool, or form a number of distinct hard and painful swellings of different sizes, &c. Every thing should be done before labour, if not to cure, at least to appease the great uneasiness which is thereby occasioned, since they are

are very apt to become habitual from inattention, and not only disposed to increase, but to lay the foundation for fistulous affections. To alter the state of the body, in which excretion is obstructed, and which alone is sufficient to produce this complaint, a strict attention should be paid to proper diet, together with the use of such medicines as prove gently laxative and have no particular determination to the vessels of the parts affected.\* Lenitive electuary with soluble tartar, nitre, milk of sulphur, and spermaceti; castor oil, rhubarb, manna, magnesia, phosphorated soda,† and small doses of cooling neutral salts, are adviseable; aloetics, strong purgatives, and hot stimulating pastes which from the irritation they occasion, should be avoided.

The uneasy sensation, is often greatly relieved by the application of cold water, or a weak sa-

K 2

turine

\* The Germans recommend, a decoction of yarrow flowers in milk to be drank freely, at the same time keeping the body open by some lenient purgative. Some have thought themselves much relieved by taking an infusion of the inner rind of walnuts, and dusting the parts with fine oatmeal. *Mr. Bell*, in his much approved system of modern surgery, advises an ointment composed of equal parts of oak-galls very finely powdered, and hog's lard or fresh butter, which he says gives more relief in every external hæmorrhoidal affection than any of the sulphur ointments so frequently employed; and when the seat of the pain is internal and cannot be reached by an ointment, he advises an injection of a strong infusion of galls.

† A new species of cathartic salt.

turnine lotion,† and when a feverish indisposition prevails, losing a little blood from the arm may be proper.

A variety of external means have been used for the removal, at least the mitigation of this disorder, but I am inclined to give the preference to that which is subjoined;\* it has not only given speedy relief, but in a short time entirely dispersed the tumors.

It is necessary that the patient should frequently lie in an horizontal position upon a couch, or hair mattress, and avoid as much as possible any exercise that may occasion heat, by increasing the circulation.

When the piles are in a bleeding state, and the person finds herself much debilitated by the discharge, it may be proper to restrain it, by an injection

† Take of Goulard's extract of lead, 40 drops,  
Rose water half a pint,  
Extract of opium, half a dram—mix.

\* Take of honey cerate, or that of Goulard's, half an ounce,  
Oil of amber, 40 drops,  
Opium ten grains.

A little of this may be applied upon soft lint to the painful and tumefied parts, two or three times a day or oftener, after the operation of some gentle cathartic.

jection of simple lime water, with extract of bark, and the use of tonic or strengthening remedies. In those of a full habit, it should rather be encouraged by warm fomentations, &c. and only limited when its returns are too frequent.

The diarrhœa and tenesmus, which frequently accompany or succeed these complaints, require a nutritious diet, such as is free from any stimulating tendency, and occasionally sedative and anodyne medicines, which diminish irritation and pain. And as clysters are sometimes advised in either of these disorders, the pipe should be covered with a small piece of the intestine of a fowl, and moistened in a little warm water, so that its introduction may give as little uneasiness to the patient as possible.

The painful sensations in the back, belly and loins, owing to the increasing weight and pressure of the womb upon its surrounding parts, have been greatly relieved by bleeding, anodyne clysters, light cooling diet, warm plasters, made of burgundy pitch, camphor, soap and oil of amber, or by wearing flannel upon the affected parts. Every thing that may increase the incumbent weight or produce a great extension of the uterine ligaments should be guarded against, such as vio-



lent straining, lifting considerable weights, &c. If after such an exertion of strength, a sudden pain is felt in the bowels, back or groin, it ought immediately to be attended to, and if losing blood and taking some purgative medicine should not carry off the painful sensation, recourse must be had to a skilful practitioner immediately.

The spasmodic affection called the cramp generally comes on about the middle stage of pregnancy, and is most sensibly felt, when the patient is warm in bed, from the rarefaction of the fluids. Some, upon the first seizure, get out of bed, stand upon a cold floor or hearth; but a caution is here necessary, lest the perspiration be checked, and the patient receive in exchange a worse disorder. There are others who extol the virtues of a roll of brimstone, if broken, in the hand, the burr of a thistle, rosemary tied about the knees, ancles and feet and many other things in which great faith has been placed. The most speedy and efficacious method of treatment, seems to be that of friction, by means of flannel or the flesh brush, and occasionally rubbing the limb or part affected with a liniment made of camphorated oil, spirit of sal ammoniac, rosemary and laudanum. Æther may be with propriety used in the same manner. I have recommended with success a tea-spoonful or  
more



more of the paregoric elixir at going to rest in a tea cupful of warm tansey or ginger tea.

When the weight from the child is considerable, and painful spasms affect the belly, near the full time of gestation, a piece of flannel worn round the body next the skin, impregnated with camphor and gum elemi proves very serviceable. If the distention is so great as to cause some blood to extravasate or break through its minute vessels and form an appearance resembling that of bruise marks, the parts may be relaxed and these appearances carried off, by anointing them with a little camphor dissolved in oil of almonds. Food should be taken in a small quantity at a time, and the body kept open.

Swellings in the lower extremities, are most considerable in the decline of the day, when the skin becomes painfully stretched, and the vessels appear dilated. After a nights rest, their size is much diminished, but they seldom attain their natural magnitude until after delivery, when the cause is removed.

As the erect position never fails to aggravate these disorders, rest in the recumbent posture and cooling laxative medicines are necessary, and where

the enlargement of the vessels of the leg is considerable, a proper bandage or laced stocking may be used with advantage, unless a woman labours under a cough or asthmatic complaint; in this case pressure is injurious, as also when the swelling extends to the thighs and hips: all that can be done is to keep up the legs as much as possible, anoint them two or three times a day with a little camphorated liniment, and if they are cold and tumid, or yield to pressure like dropical swellings, warm fomentations, volatile and spirituous embrocations, frictions, and wrapping them up in flannel will prove most efficacious.

In some habits of body, not unfrequently small ulcerations take place, which, if neglected, are very apt to return at a succeeding pregnancy, and prove very troublesome in the decline of life. These may be attributed to the depending situation of the parts and their distance from the source of heat and circulation. Moderate compression by means of a flannel roller, may be considered as the most effectual remedy, after the application of such means as diminish pain and irritation. The ulcerations may be first fomented with a little warm milk, lime water and honey, and then dressed lightly with pledgets of Goulard's cerate or simple white wax ointment. If the discharge is thin and  
ichorous,

ichorous, they may be sprinkled with a little antiseptic powder, composed of Peruvian bark, myrrh, opium, and lapis calaminaris, reduced very fine. After delivery, as the parts recover their tone, they generally heal, and their return may be prevented by proper care.

Another complaint of a very troublesome nature, is a swelling and enlargement of the labia. This may be considered as of two different kinds. The one is a simple tumefaction, where the cellular texture of the part is filled with a serous or lymph fluid, which recedes upon pressure, and is considerably lessened in the morning from the preceding nights rest. The other affection is a very painful one, the bare touch or contact of the linen gives great uneasiness, the heat is very considerable, and frequently little pustules arise, which are attended with an intolerable degree of itching, if these are broken by walking, &c. little ulcerations appear with whitish or ash coloured sloughs, the irritation from which disturbs the patient continually.

The greatest inconvenience that attends the first species, arises from its enlargement and the interruption it occasions to walking, especially in the decline of the day. When the tumor is unattended  
with

with pain, a compress with warm wine or some spirituous and astringent lotion may be applied, and where there is a tendency to suppuration, which may be known from the heavy throbbing pain, and sometimes transient febrile paroxysms of heat and cold, a little of the ripening poultice of the London dispensatory spread upon soft lint should be applied warm to the part. When the abscess is broke, a freedom from pain generally ensues. Warm fomentations are then serviceable, and by the application of proper remedies, it will soon heal.

To diminish the heat and irritation of the second species, cooling, laxative and anodyne medicines are proper. A tea-spoonful of the powders of gum arabic, and marshmallow root, with a few grains of nitre, may be taken in a draught of barley water or decoction of marsh mallow roots, syrup of cappilaire and water, &c. night and morning. Soft linen cloths moistened with a decoction of bark, in which a few grains of sugar of lead, a little starch and opium has been dissolved, applied to the parts, and frequently renewed, afford great relief, especially if the patient lies upon the bed in such a position as is most favourable for ease and coolness. Poultices are objectionable from their weight, and are never so well adapted in these cases, as lighter applications.



In both these complaints an attention to diet is of great importance; it should be light, thin and consist principally of the vegetable kind. The best drink is imperial water, thin gruel; toast and water, &c. Rest and frequent lying down are always most conducive to the mitigation of these complaints, and consequently to the great relief of the person thus afflicted.

The stomach is in many affected by uterine compression, and becomes so very irritable, that the smallest quantity of food cannot be retained. In this case a gentle compression of the belly from above downwards proves serviceable, and if very small quantities of light food, and draughts of cooling liquors are taken, the effects just mentioned will be considerably diminished. If the vomiting is troublesome, a grain of opium taken with a drop of the oil of cinnamon, nutmeg or cajeput, made up in the form of a pill, sometimes gives immediate relief. Emetics prove often serviceable, where the irritation is occasioned by a foulness in the stomach, generally known by the disagreeable taste of the saliva, or of whatever is taken into the mouth, a yellow furred tongue, &c.

The jaundiced tinge or discolouration of the skin, in some attended with great heat and irritation,



tion,\* generally disappear soon after delivery and may be considered as of very little consequence. When this change of colour is accompanied with sickness, and vomiting, a gentle emetic may be administered, and afterwards saline draughts in the act of effervescence with a few drops of the vitriolic æther. Mr. White recommends raw eggs to be taken in cold spring water, provided the stomach will bear them for the prevention or cure of this temporary jaundice, and should the patient object to this remedy, he advises a small dose of calomel, which may be given with safety and advantage.

The difficult breathing, painful stitches in the side and cough, owing to the pressure of the womb  
against

\* About three months ago, a woman in the last month of her pregnancy, consulted me concerning an eruption which came out all over her body; always about five o'clock in the evening, when the skin appeared of a deep scarlet colour, and numerous small tumours were felt under the skin; which in the night became very troublesome from their great heat and itching and deprived her of rest, until towards the morning, when they were scarce any longer felt, and the skin had resumed its natural appearance. The next day and several succeeding ones, the efflorescences and small tumors again appeared and precisely at the aforementioned time. She informed me that she had had the complaint in three preceding pregnancies, and had found the losing of a little blood and taking gentle laxative medicines of the greatest service, and that before delivery she was free from the complaint. The same treatment with little variation had the same good effect, and she recovered very well from her lying-in.

against the thoracic viscera, which prevents the free circulation of the blood through the respiratory organs, are best relieved by proper diet and regimen; and this should in a particular manner be attended to by those of delicate and consumptive habits. The dress should in every respect be easy, that not only the chest may have as little restraint as possible in breathing, but that the blood flowing to the extremities may be encouraged to return to the heart, therefore bathing the feet in warm water, wearing easy shoes, with flannel socks, or the *Paris elastic soles*, are to be attended to, as well as guarding the breast against cold, by wearing a piece of lambskin, or the down of the eider duck\* over that part within the stays. Exercise when taken should be moderate, and in a carriage; in rest, the inclination of the body on one side is better than decumbency on the back, with the head considerably raised: and where the violence of coughing occasions a sense of inward foreness, head-ach and increased heat, phlebotomy, especially in full-habits will be proper, and afterwards the use of pectoral and balsamic medicines. One of the best is the paregoric elixir with tincture of myrrh,

\* A soft down, produced from the breast of a species of duck found in the western isles of Scotland, &c.

myrrh, a tea spoonful of which may be taken at bed time in a basin of warm wine whey.

The increase of bulk in the last month of pregnancy as well as the motion from the child, is often so considerable, as to give great uneasiness, pain in the back, groin, belly and lower extremities, and sometimes from pressure on the nerves, proceeds an inability to stand. As women approach the time of delivery, and are subject to this weakness, they should never venture out alone, for fear of accidents, and the nearer they are to that period, the more attentive they ought to be to themselves. Besides, as there is a greater or less disposition to fever induced by labour, every precaution should be taken to prepare the constitution for that important event, but principally by having a composed mind, and an entire resignation to support and assistance more than human in the unavoidable and ordinary result of their condition.

## S E C T. XVI.

*Introduction to LABOUR—evident marks thereof—  
effects of premature confinement—patience recom-  
mended during that state.*

AMONG the many happy consequences resulting from the late improvements in medical knowledge, which have been evinced by general experience, one of the greatest importance, particularly to the fair sex, has been derived from the studies of those of the faculty, who have made it the principal business of their lives to investigate the causes of complaints, and alleviate the distresses incident to the state of pregnancy in its several stages to that important time of labour, which will soon be considered.

But, notwithstanding their humane and vigilant exertions, to advance the science and practice of midwifery to greater perfection than was ever before

fore attained, it is much to be regretted, that there are yet many of the sex, who are prejudiced in favour of ancient, erroneous opinions and customs, and thereby exclude themselves from the advantages they might reap by consulting those who are better acquainted with the human frame, and have acquired a much greater share of this species of knowledge, than others can with any reason be supposed to be in possession of.

And it is a matter of astonishment, that there are not a few, endued with an uncommon portion of natural good sense, as well as, of mental accomplishments gained by education, who are nevertheless rivetted so firmly to early imbibed prejudices, that serious admonition and remonstrance from the best informed have proved ineffectual to convince them of their mistaken notions and proceedings in cases where health, the greatest temporal blessing, is concerned, and life itself is at stake.

To such it is not likely that the salutary knowledge obtained by the labours of those, who interest themselves in their welfare, and lay down such rules of conduct as common prudence must approve, will be of service, so long, as such preconceived opinions prevail.



It is much to be wished that they, for whom this work is intended, would be open to conviction, adopt that line of management which makes for their own interest, and be cautious in giving way to persuasions without proof or certain knowledge, forming fallacious opinions, or listening to advice from any, but those who have had education and experience sufficient to qualify them for it.

It well deserves to be considered, that the assistance in labour from their own sex, is sometimes inadequate to the point in view, and therefore it should be a matter of no small concern, to whom they entrust so important a care, as that of their own lives and that of their children.

By employing a person of skill, a woman is often conducted with safety through a dangerous labour, without being sensible of the hazard she has been in; whereas, if another be called in who is defective in her judgment, the patient may either fall a victim to the ignorance of the operator, or be so alarmed at the danger of her situation, and the absolute necessity for extraordinary assistance, that the impression thereby made upon her mind may have an injurious tendency, as it has had in many similar cases.

Objections however have been raised against the assistance of men, how well skilled soever they may be in the science of midwifery, and some, from motives best known to themselves, have by working upon the native modesty of the sex, endeavoured to set them against those who are best qualified for the employment, by exciting in them a false delicacy, and have gone even so far as to declaim against the most useful modern improvements, which are known to have been the means of preserving the lives of thousands. But it is to be hoped that the good sense of the sex in this enlightened age will supercede the necessity of pointing out more at large than is here done, the fallacy of such attempts: it may be sufficient to observe that they are entirely disregarded by all persons of knowledge in the art.

Without entering minutely into the practice of midwifery, the author's intention is briefly to communicate such advice, as if attended to and pursued, may prevent the injurious effects, which the neglect or ignorance of judicious management during labour and subsequent thereto, may produce.

The great care and circumspection necessary to preserve both mother and child, and the propriety of consulting such persons, and using such means

as are most likely to mitigate distress, it may be presumed, will appear sufficiently obvious.

The uneasy sensations which are generally felt in the last month of pregnancy, sometimes increase to such a degree as to alarm the patient with the apprehension of approaching labour; and her own incapacity or that of those about her, of making a just distinction between those pains which are real, and such as are termed false, has often occasioned an untimely and officious interference, by which the regular course of nature has been interrupted, and the constitution materially injured.

It will however in general be found upon inquiry, that the spurious or false pains, are frequently owing to inattention to a proper conduct during the latter months, to too great exercise, standing much, giving way to irregular passions, or to costiveness. In some cases they are to be imputed to the quick and strong motions of the child; they often come on and go off in a moment, and are most troublesome in the decline of the day.\*

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\* It frequently happens, and that too, before the most natural and easy labours, that pains very much resembling true labour, and which in some degree dilate the mouth of the womb, shall come on, and alarm the patient and her attendants with the expectation of delivery being near, and

The means of relieving these complaints are moderate rest, serenity of mind, cooling laxative medicines, emollient clysters and fomentations; and where the irritability of the system is considerable, the prudent exhibition of some anodyne medicine taken at the time of rest, will generally prove serviceable, such as a grain or two of the soap pill, or twelve, fifteen or twenty drops or more of the tincture of opium, in a little cinnamon, mint, or pennyroyal water.

To prevent the inconveniences which too often arise from an hasty interposition, or as it is commonly understood, the putting a woman upon her labour too soon, it may be necessary to point out such evident marks of real labour, as will generally enable the sex to know, when to send for proper assistance, and when there is a necessity of confinement within doors; for instances have occurred of those who from a total want of, or deficiency in, this knowledge, have been exposed as well as the fruit of their womb to great danger, and the practitioner's patience has been severely exercised by incessant solicitation and unreasonable

yet soon after, and without any apparent cause, shall entirely go off, leave the patient as well as usual, and not return till the time of delivery; which in some cases may be many days, or even weeks after the first alarm.

*Rigby's Essay on Uterine Hamorrhage. p. 155.*

able attendance. They ought however not to defer sending for help, before they find their pains insupportable, or so violent as to prevent their rest by extreme inquietude.

The principal symptom of approaching labour is a considerable sinking of the belly or diminution of its size, occasioned by the descent of the child, now arrived to its state of uterine maturity; this produces a sensation of remarkable lightness in some, and may generally be considered as a favourable sign; and it is not without some secret satisfaction that the patient finds her clothes, which before gave her no little uneasiness by their incumbent pressure, now produce little or no proportion of that disagreeable effect.

There is likewise a frequent inclination to answer one or other of the calls of nature, and an appearance which is called a *shew*, attended with pains in the belly, shifting round to the back, continuing but for a little time, and leaving the patient to enjoy a shorter or longer interval of ease. The thighs are often affected with the cramp, which extends to the knees and even to the extremities, accompanied with cold shiverings, succeeded by momentary flushes of heat, especially in the hands, a sensation of fulness, uneasi-



ness in the head often recurring, by degrees affecting it universally, dryness of the mouth and lips, and drowsiness.

These forerunners of labour are generally accompanied with a particular state of mind, full of anxious concern for the advancing moment. Here, a seasonable and benevolent exertion of tenderness, and the most endearing offices of humanity are to be shewn, and the mildest language used, to soothe the affliction of the sufferer, instead of that roughness of expression and indelicacy of manner which so much prevails amongst some of the lower order of midwives on so trying and serious an occasion as this.

It is by no means adviseable for a woman near the time of her delivery to betake herself immediately to her chamber, since a premature confinement is very apt to increase the irritable state of her mind, if she has been accustomed to some exercise in a free and open situation, this restraint from that degree of liberty she wishes to enjoy must be very uncomfortable to her, and often proves the cause of feverish heat, restlessness, and head-ach.

Similar

Similar effects are produced in those who are of a tender make, but in a greater proportion, especially if to this confinement and the warmth thereby occasioned is added an adventitious heat, either by means of a fire, or the free use of cordials, from a supposition too generally entertained of their giving strength and spirits.

Besides, there are many, especially with their first child, who judge of the length of their labour from this circumstance of unseasonable restriction, and are often greatly dissatisfied, that they have not sooner had relief in their distress, from which they perhaps were taught to expect a more speedy deliverance.

The lying-in room ought therefore, if possible, not to be made the sole residence of a woman from the commencement of pain, or even the beginning of labour; she will do well to move about frequently, to breathe the purest air she can, and to receive the company of no more friends, or attendants than may be necessary; and when she finds herself uneasy, the lying down occasionally will prove very refreshing. It is needless to add because obvious to *all* endued with common sense, that every thing should be conducted with regularity, and without hurry, that the bed or couch, on

which the patient is to lie, be properly prepared, so that she may find it an agreeable retreat after the fatigue of labour; and that it is of the utmost consequence, that every article of her dress and child-bed apparatus be perfectly well aired.

When the pains are short, and the intervals between them long, if they are confined to the belly, resemble those of the cholic, and continue for a considerable time without any manifest advantage, they are not for the most part to be considered as real ones, which are the effect of uterine contraction, but as spasms of the abdominal muscles, or wind in the bowels; and such means are to be used, mentioned page 148, as will procure ease until the true come on, which in all probability will be the case in a short time, or when the spurious pains have lost their power on the patient. It is proper to mention this, as there are many of the sex who are unacquainted with the difference between the true and the false, and are apt to suppose, when any medicine is given which frees them from the latter, that their labour is thereby injudiciously protracted.

Those who are conversant in midwifery know best when to act, and when to suspend their assistance. It is therefore to be wished, that, when  
they

they are called in, the patient would not be dissatisfied, if not immediately relieved, but submit with confidence to their superior judgment; and it may be proper to state to them the inconvenience, and not only that, but the danger which may arise from an hasty interposition, or a mistaken notion that the labour will be sooner concluded by methods frequently used to quicken pains.

“ They should be informed,” says the judicious Denman, “ that the best state of mind they can be in, at the time of labour, is that of submission to the necessities of their situation; that those, who are most patient, in reality suffer the least; that if they are resigned to their pains, it is impossible for them to do wrong; and that attention is far more frequently required to prevent hurry, than to forward a labour.—All artificial interposition contributes to retard the event so impatiently expected, by changing the nature of the irritation and the action thereon depending; by inflaming the parts, and rendering them less disposed to dilate; in short, by occasioning either present disorder, or future disease.”

Pain therefore simply considered is no criterion of real labour; a change must take place in the parts allotted to the office of parturition, which is  
only

only known to the experienced accoucheur, or the female practitioner who is skilled in her profession.

Labour is then a gradual process of nature, accomplished by the repetition of efficacious pains, and though in some cases it proves lingering, yet in natural ones, where the position of the child is favourable, its body well proportioned, and the mother is free from disease, painful affections, or deformity, the desired effect will be produced by every succeeding pain, and, if its progress be not interrupted by bad management, will terminate happily.\*

The assertions commonly made by those who attend labours and are ignorant of the powers of nature and her benign operations, that such and such pains serve no other purpose than that of weakening the patient, are not only contrary to truth, but very dispiriting in their effects.

Agreeable

\* The first labour is generally, for obvious reasons, most tedious, but every labour depends on such a variety of contingent circumstances, that they are liable to vary considerably at different times in the same person. A woman may at one time have a quick time, at another a very lingering, and vice versa.



Agreecable to the sentiments of the author just before quoted, no person in real labour ever had a pain which was in vain. It may not be equal to the accomplishment of the end and at the time wished for, but every pain must have its use, as preparatory to, or tending to promote the same. In every circumstance attending natural labours, it is impossible not to see, and not to admire the wisdom and goodness of providence, in ordaining the power and fitting the exertion to the necessities of the situation, with a marked respect to the safety both of the mother and child. This perfect coincidence between the cause and effect should afford a lesson of patience to those persons, who, when in labour, become untractable, and by losing the power of calm endurance add to the unavoidable distress of their situation; and to those practitioners, who by being led into popular errors, aim to strengthen the pains, or quicken their returns, act as if they thought there was no other evil to be apprehended but that of a slow labour; this opinion has done more mischief, than many are aware of.

Upon a comparative view of the new and improved method of treating women in labour, with that which formerly and still too much prevails  
among

among the self sufficient and inexperienced, it will appear that the former by kindly assisting nature throughout her whole progress, facilitates labour pains, and brings about a favourable issue, and the latter by inverting her course, and weakening the powers of the constitution, effectually tends to lessen pain and induce lingering, difficult and dangerous labour.

## S E C T. XVII.

*The modern treatment of lying-in women and that of former times considered. The advantages and disadvantages resulting from the one and the other.*

ACCORDING to the present improved state of midwifery, as soon as a woman is in actual labour, a few necessary friends attend her, and not before, neither does the *accoucheur* interfere with his assistance, unless the case absolutely requires it. Her dress, which is generally troublesome, is exchanged for another more convenient and lighter, and in which she may exercise her muscles with more ease and freedom. The door and even windows of her chamber in the summer time are kept open during the day, and in the winter, no more fire is allowed than may be sufficient to render her apartment agreeably warm. She is neither confined to her bed, until it is judged necessary, nor kept standing against her inclination, but is at liberty

berty to walk about, and occasionally to sit or lie down.

The mind is particularly attended to, and it is found to be of the greatest importance to soothe and divert it, during the intervals of pain, with prudent, rational and encouraging conversation.

If, upon the intermission of pain, the patient is inclined to sleep, this is encouraged as useful in predisposing to labour, and if she falls into some refreshing though perhaps short slumbers, she may happily forget what she has before suffered, and not anticipate the uneasy sensations she has yet to experience. To indulge so favourable a circumstance, especially if she has before undergone much fatigue, the room is ordered to be kept quiet, her friends are requested to withdraw, except such as may be useful, and a perfect silence is enjoined.

During this seemingly inactive state, nature is very assiduous in disposing the parts to dilate, and bringing about those changes, which are necessary, in an almost imperceptible manner; as the aim which she endeavours to accomplish cannot be obtained without pain, so the rest of the patient is often thereby interrupted, and she not unfrequently

quently finds every succeeding pain more considerable.

If she is of a weak constitution, and inclined to faint, some mild nourishment is given, such as a little panada with wine, a basin of warm caudle, broth, or any thing else, that is proper for her ; but, in general the best restoratives are cool air and diluting liquors, especially where the faintness proceeds from long continued labour. Cordials of a spirituous kind are disapproved, unless the patient has been accustomed to them at other times, and appears very low, but if they have not the effect of increasing the pains, which is rarely the case, the repetition of them is seldom allowed, for upon the advancement of labour, she acquires an increase of spirits and greater resolution.

Women of full habits, with their first child and advanced in years, have generally tedious and lingering labours with feverish symptoms. To such bleeding has been very serviceable, in taking off those irregular and painful contractions in the beginning and sometimes throughout labour, called cramps or spasms ; and by abating heat, and removing these spurious affections, room is given to nature to induce efficacious pains.



Clysters are generally administered, as being of the most beneficial use, affording a more speedy relief than any thing else, in expelling wind from the bowels, removing costiveness, and taking off the rigidity of parts, which are often the causes of protracted and lingering labours; and where they can conveniently and seasonably be administered, ought to precede every labour and be repeated if necessary. When skilfully administered a very sensible benefit will be derived from them.\* Sitting over the steams of warm water, and the application of soft linen cloths wrung out of the same fluid, and such other means are severally made use of, as have been found serviceable, and are varied according to the particular exigencies of the case.

Diarrhœa or looseness answers likewise many good purposes, and is therefore never officiously checked. It generally goes off after delivery.

Slight shiverings sometimes precede the pains, to abate which a basin of warm gruel or caudle  
is

\* The most suitable injections are of the carminative kind; the following is recommended:

Let a small quantity of carraway, anise, fennel seeds, and penny-royal be bruised, and boiled in a pint or more of milk and water, to which, after it is strained, may be added a table spoonful of starch, and in case of cholic pains, a dram or two of the tincture of asafœtida.

is given, but no ardent spirits, which would undoubtedly increase the paroxysms of heat which usually succeed them.

Sickness and vomiting, usual attendants on labour are commonly so far from being alarming, that they are salutary in their effects by unloading the stomach, cooling the body, and assisting the labour pains. The pain in the head, which is sometimes occasioned by violent exertions, may be easily relieved by rubbing the temples and forehead with a little sharp vinegar. It is a complaint too often brought on by the imprudent use of spirituous liquors.

When the pains become more regular and forcing, the patient is advised to lie down upon the bed, on her left side, as this position is found by experience to be better than any other, and except in unnatural labours, is seldom varied. But in this or any other position it is not necessary or proper that the patient should be confined for any length of time, especially if she complains of pain in the hip and thigh on that side on which she lies; in this case it is judged prudent to alter the position to one more eligible and easy. Where the belly is large and pendulous, a small pillow is placed under it, that it may be raised to a proper degree

in order to avoid the disagreeable sensation otherwise produced.

By lying on the left side, the patient is liable to less fatigue; besides, it has every advantage, both with respect to the woman herself, and the persons who tender their assistance. A pillow is generally placed betwixt her knees, and a towel given to her, one end of which is fastened to the bedstead, which being at a fixt point, she lays hold of, when wanted, and it answers the purpose much better in warm weather than an assistant holding the other end over against her. Her feet are generally brought down, or she presses them against some person who sits at the foot of the bed. Her back is supported by another or a bolster placed against it. But as too many, crowding about her, occasion heat and restlessness, and frequently diminish the pains, only such as are absolutely necessary are permitted to be with her, when their assistance may be required.

The greatest care is taken to prevent those sensations which moisture and cold occasion, from the change which takes place in consequence of the evacuation of the waters, by the application of warm and soft cloths.

No unnecessary examinations are made in order to hurry the labour, nor any extraordinary means used, unless some very weighty reasons occur to justify such proceeding.

If the powers of nature are violently exerted, and the patient suffers great pain, and makes considerable and involuntary efforts, she is advised, towards the conclusion of labour not to add to their force by strongly retaining her breath, or striving down, which might, if the accoucheur did not prevent it by his skill and judgment, be productive of much future inconvenience\* and unhappiness.

She is finally encouraged to hope, and to have a firm reliance on the divine help and protection, and the greatest care is taken by every animating expression to increase her confidence and keep her mind in a state of cheerful resignation.

Thus is she supported, until that inexpressibly happy transition, when her toil and pain is forgotten in the enjoyment of ease and the acquisition of a well formed and healthy child.

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\* An hasty and impatient conduct at this critical juncture may be considered as one great cause of after-pains and the child-bed fever. By properly supporting the parts and waiting the event, every accident may be prevented.

The interval between the birth of the child and the return of pain is employed in restoring tranquillity to the mind of the mother, appeasing the increased circulation occasioned by the fatigue and efforts of labour, and in preventing, as much as possible, consequent relaxation and faintness.

A gentle compression is made round the waist, by means of a proper bandage; and that this may be done without trouble and loss of time, it is applied before delivery in such a manner, that immediately upon that event's taking place, it may be drawn to an agreeable tightness; by which means the contraction of the womb is assisted, the separation and exclusion of the placenta, &c. is effected in the most cautious and gentle manner, and the painful sense of vacuity within the body, which those generally complain of, who have no such support, or are delivered in the erect position, in a great measure prevented.

As the utility of compression is evidently perceived in the first moments after delivery,\* by its supporting

\* Dr. Wilson of this city has favoured me with the following observations,

“ There are several very important purposes answered by speedy and agreeably tight bandaging. I have, says he, recommended it as the most effectual method to prevent sudden faintings and a decay of spirits upon delivery. By the same means it, of consequence, is in some measure a preven-



Supporting the relaxed viscera and answering the purposes above mentioned, it is continued no longer than it is found to be necessary, and when removed, a napkin, or flannel roller slightly applied is substituted in the place of it.

The faintness, which sometimes succeeds even the most natural and well conducted labour, is generally relieved by the free admission of pure cool air, some mild cooling drink, and the external application of vinegar, (the concentrated or radical,

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tative of floodings, especially when they proceed from weakness and relaxation: for in such cases the more faint a person is, and the longer it continues, the greater will be the discharge, by the solids losing all their reaction upon the fluids in that state. It likewise is a considerable restraint upon after-pains, in so far as they are connected with the laxity of the bowels after delivery, and the immoderate expansion of that elastic vapour always in the intestines, which acquires more room from inordinate motion and expansions in different parts of them, by the sudden emptying of the womb. It answers however one very important purpose, which is that of preventing child-bearing women from the inconveniences and consequences of big bellies when they are not with child. The want of moderate compression weakens the peristaltic motion of the bowels, in a great measure lays the foundation of those windy or flatulent complaints, costiveness and hysteric affections, which persons of weak constitutions, who have had children, are subject to. For a person, in whose safety I was particularly concerned, I caused a double linen bandage to be made, long enough to surround the body twice: it was broad in the belly or middle and tapered towards the ends; the belly of it was stuffed with such baked horse hair as is used in stuffing chairs, which was the coolest bolstering I could think of. This bandage was applied during

if it can be procured,) to the nostrils and temples.\* The yolk of an egg beat up with a little wine and water, and a small quantity of sugar and nutmeg proves generally very refreshing. This treatment is found by experience to be more beneficial than warm liquids, volatile smelling salts, and aromatic mixtures, which do harm by accelerating the motion of the blood, increasing heat and a tendency to fever, and in cases of flooding promote the debilitating discharges.

### Upon

labour with the ends in view before, for ready access to them upon delivery, when the bandage was immediately drawn to an agreeable tightness, without any of that bustle which attends napkins and rollers, and which must be very troublesome to persons strained and fatigued with labour. The bandage had two tapes tacked to the lower edge of the belly of it, in order to bring under the thighs and fasten to it behind if necessary to prevent the bandage from shifting upward too much afterwards. This bandage may be improved; but I would recommend something of this kind to every woman as a part of her child-bed apparatus, which every one in that condition will experience the benefit of, if she have active and handy assistants about her in that hour of trouble. It is a gross blunder for persons concerned in the delivery of women to be secure and careless about her immediately after delivery; imagining that they have done their part and that all is safe, if there is a clear separation made between the mother and her burden without any disaster.

\* In such cases, the person is not to be disturbed, or raised to an erect position; but the small portion of the principle of life is to be carefully cherished and supported; and it is to be observed that whatever time is required for this purpose, the patient should not be raised, before she is quite revived, and then with the utmost care and circumspection.

*Denman.*

Upon the return of pains, however less severe in degree than those of labour, assistance is given for the removal of what is generally understood by the term after-birth; and this is afforded in the most gradual manner, every thing is conducted without hurry, and when the patient is restored to a state of ease and comfort, she is advised to adjust her mind to repose and quiet, and the nurse ordered to keep her free from disturbance of every kind.

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A very different conduct is pursued by those, who are prejudiced in favour of old customs, and act as if no improvements were made, or as if there was no necessity of paying the least regard to them, or, if assisted by skilful practitioners, neglect their directions and listen to the dictates of ignorant advisers. It will appear that such often struggle through a variety of inconveniences, or fall victims to diseases, which erroneous management has brought upon them; or if they have fortunately recovered through the natural powers of a good constitution, they often experience the injurious consequences of an improper treatment in the more advanced periods of life.

If a woman is so unfortunate as to have ignorant and unskilful persons about her at the time of labour, the scene which presents itself generally agrees with the following description.

On this occasion she is attended by a number of her acquaintance and others, whose motive is generally an impertinent curiosity ; her apartment is rendered very warm and uncomfortable by their breath and a large fire, insomuch that she is thrown into a profuse perspiration.

If her pains are weak, which such a situation seldom fails to occasion, the nurse and attendants endeavour to strengthen them by repeated draughts of caudle or spirituous liquors, which they imagine are absolutely necessary for her.

If these means do not succeed, the aid of medicine is called in, to bring about what nature is supposed incapable of herself to accomplish ; and should the pains return, or prove stronger, some infallible nostrum gains credit, and the woman herself enjoys the pleasing delusion.

Her labour is too often hurried by the most unjustifiable means, the membranes prematurely  
ruptured,

ruptured, and the parts injured by frequent, unnecessary and forcible dilatations; she is by many not allowed to chuse her own position, or such a one as is most proper, but kept standing, or hanging betwixt two assistants and in this manner delivered.\*

It cannot be wondered at, that when exhausted with pain, hurry and fatigue, she faints away or seems just expiring with a profuse discharge and other lamentable effects of ignorance and injudicious treatment.

Should the labour prove preternatural or difficult, it frequently happens that mischief is done before superior assistance is called in, and what is worse, if called in, it is sometimes too late to save the life of the unfortunate victim to folly and obstinacy. Were the sex well apprized of the great danger to which they expose themselves and their tender offspring, the mischiefs and distresses entailed upon a family by such imprudent conduct, they would

\* Mr. White, is of opinion that varying the position, is often serviceable in expediting delivery, and therefore proper in slow tedious labours, except at their conclusion, but says he, "I would by no means advise that the child should, in any case whatever, be born in any position but the horizontal one."



would certainly be more cautious, and not so readily place their confidence in improper persons.

After delivery the same plan is pursued by such people ; no respite is allowed to calm the ruffled spirits of the harrassed sufferer, and seldom any of those means used which are here recommended, to prevent depression of spirits, and corporeal languor. As if the very life of the woman depended on the speedy finishing of labour, the placenta, &c. is forcibly, or by exciting strong efforts of blowing, coughing, and sneezing, removed, sometimes without waiting for pain, or regarding the exhausted state of the patient. It is well for the patient if it be not suffered through negligence, forgetfulness or timidity to remain untaken away.

Though the necessity of immediate compression be allowed, the manner in which it is practised evinces how very ignorant the assistants often are of the real consequence and importance of it. Something is applied under the name of a roller, broadband of the petticoat, &c. often in a very awkward and injurious manner, or so slight as to slip down and answer no purpose at all.

As soon as the poor woman is put to bed, she is closely covered up, the windows and doors so fastened,

fastened, as effectually to exclude any fresh air, and she is not suffered to put her hands, arms, "or even her nose" out of bed, for fear of catching cold. A frequent supply of warm liquors throws her into a profuse sweat, &c. this is encouraged as well as her rest prevented by the noise and unseasonable mirth of her kind visitors. In short, such a course is followed as too often induces a train of grievous and fatal complaints.

## S E C T. XVIII.

*Treatment necessary to be observed after delivery—  
state of the patient at that time—the great advantage of repose of body, tranquillity of mind and a cooling regimen.*

HOWEVER natural and easy a labour may have been, or how well soever conducted, if by a continuation of judicious measures the after treatment is not made to correspond therewith, it is to be apprehended many alarming consequences may ensue.\*

A woman safely delivered is generally led to suppose that she has little to fear and only requires good nourishment and attendance to enable her to recover her former health. This idea too generally

\* Dr. Wilson observes, that whoever weighs judiciously all the peculiarities in the situations of lying-in women, and how variously they may be affected with seemingly trivial accidents and pieces of mismanagement, whatever people may talk of malignant and bad seasons, dissolved blood and the like, it is to be feared that the generality of dangerous complaints, childbearing women fall into, have their rise from more common and obvious causes.

rally indulged has licenced a freedom of conduct which has proved unfavourable to the recovery of numbers.

Perhaps, no natural condition, into which the female constitution can be brought, exposes it more to the danger of a fever† of a very serious kind, and which has often baffled the skill of the most eminent of the profession, than the first stage of lying-in, and especially when the means of averting that disease have been imperfectly or improperly used.

Upon an accurate view therefore of the particular circumstances which women are in after delivery, it will appear how necessary it is to attend to proper management, with a view as well to the prevention as cure of many complaints incident to their situation.

The state of a woman just delivered is such, that the smallest untoward accident is apt to give a wrong direction. She feels herself much fatigued, and has similar sensations to those which generally follow violent exertions, immoderate exercise, or great strainings. There is then a general disposition to heat and sweating, and in proportion as this  
is

† Puerperal, or child-bed fever.

is excited, cold and actual trembling will often succeed. Her senses particularly those of seeing and hearing will become quick and acute, and her spirits often greatly agitated.

She will be also disposed to keep awake, and to hear what may be said respecting herself and the burden from which she is freed. If ignorant attendants endeavour to promote heat and sweating, though this plan be agreeable to the vulgar notion of giving nourishment and necessary warmth, yet a woman may very soon be rendered thereby feverish, greatly weakened and relaxed, and so susceptible of cold, that as Mr. White justly observes “the necessary calls of nature cannot be attended to, or complied with, without danger.”

*Rest of body, tranquillity of mind, and the breathing of a pure cool air,* are of the utmost advantage after delivery, and upon the uninterrupted enjoyment thereof much will depend.

Therefore, when any medicine is given, according to the usual custom, to answer any salutary purpose, either to take off the soreness of the throat, &c. occasioned by the efforts of labour, to abate a troublesome cough, to diminish the after-pains when violent, or dispose the patient to sleep,  
such



ſuch a conduct ought to be purſued as will not counteract its good effects. For not only theſe may be obviated, but very injurious conſequences brought on, by the patients being incommoded by too much company, becauſe this circumſtance of itſelf effectually prevents her enjoyment of reſt, heats her apartment and agitates her ſpirits.

If ſhe is unable through weakneſs to ſignify her diſapprobation of a cuſtom the injury of which ſhe is ſenſible of, the nurse ought to uſe a little authority on theſe occaſions. The care of the patient is now her particular province, this ſhould ſupercede every other conſideration, and may be ſhewn in ſo proper a manner, as not to carry the appearance of any breach of civility or good manners. Her prudent attention in this reſpect may tend to the recovery of the object ſhe has in charge, and will eventually redound to her credit, at leaſt to the ſatisfaction of her own mind.

As the too common practice of keeping up the woman's ſpirits, as it is called, is very prevalent among the lower claſs of people, it is much to be wiſhed, that the friends of the ſick, if the generality of them may be ſo ſtyled, would defer their congratulations to a diſtant period, when the patient

tient may be more disposed and better prepared to receive them.

It may here be necessary to point out the mischiefs that must inevitably follow this prevailing custom, as well as to exhibit the advantages withheld from the sick, by depriving them of pure and ventilated air.

The atmosphere we breathe in has a considerable influence, not only on the organs of respiration, but on the whole human frame; and as in its pure state it is indispensably necessary for the preservation of health, so when deprived of its vivifying principle, or that part of it which is essential to life, it becomes equally baneful and destructive. All animals, as they live by the air, so they destroy its pure or dephlogisticated\* property in proportion to the quantity they inhale, and it has been computed that a single person destroys the vivifying principle of a gallon of air† in the space of a minute; hence it will follow that when a number of persons are together in a confined room,

\* Dephlogisticated air, is that which is divested of contagion, noxious effluvia, &c. and brought to a high degree of purity.

† See Dr. Hawe's Address to the King and Parliament of Great Britain, &c.

room, the consumption of this salutary property will be very rapid, and the total waste thereof, if a free admission of fresh air\* be denied, must be the consequence. From hence may be inferred the necessity of admitting a free ingress of uncorrupted air into all sick rooms, and especially those appropriated to lying-in women, who are sooner injured by the foulness of that element than perhaps patients of any other denomination.

Very evident therefore is the impropriety of visits to those in child-bed from acquaintances through a forwardness to shew their civility; and such, if allowed, should not be frequent, and always short, since every additional person deprives the room of a great share of its respirable air.

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\* More danger is doubtless to be apprehended to the sick from breathing in air polluted with their own, and the effluvia of others, than from any degree of cold which can well be admitted by fresh air.

*Lind, on the Health of Seamen, p. 86.*

In close, crowded rooms deprived of ventilation, when the air becomes phlogificated to a certain degree, the candles grow uncommonly dim, and we begin to feel a disagreeable sense of oppression, languor and faintness, till fresh air is re-admitted, when these symptoms presently vanish.

*Dr. A. Fothergill's farther Hints in a second Letter to Dr. Hawe's on the Subject of restoring Animation, p. 67.*

The dangerous effects of an impurity of air, confinement, and want of cleanliness, are glaringly manifest among many of the poor, several of whom are often crowded together in a small house and ill ventilated parts of large towns; from these causes the prevalence of putrid and puerperal fevers, &c. may in a great measure be accounted for.\*

Virgil makes a healthful state of air one of the pleasures of Elysium, and Milton styles it,

“ The breath of heaven, fresh blowing pure and sweet  
 “ With day spring born; —————

Therefore to deprive a woman during the state of her lying-in of so great and sensible a benefit and satisfaction, is not only very injudicious, but in fact a piece of inhumanity; and to any one, who is in a state of being convinced, a striking proof of the utility of a different treatment may be easily given;

\* That confined human effluvia is infinitely the strongest and most active source of nervous fever, appears from innumerable observations, and is confirmed by this, that it is one of the few diseases to which the rich, and those who live in affluence and luxury, are less liable than the poor, who although screened from the enervating effects of luxury and other of the predisposing causes, are much more exposed to the contagion generated in crowded, confined, and ill-ventilated chambers.

*Moore's Medical Sketches, p. 460.*

given; let a little fresh air\* be admitted, lessen by degrees the burthen of her covering, and a visible change will soon appear in her countenance, who before panted for the pure and cordial element, and instead of respiring in short and feeble efforts the debilitating impurity, she enjoys the happy effects of so important an alteration.†

Much might be said on this subject and the aid of philosophical reasoning called in to corroborate  
 N 2 assertion ;

\* I have often seen the restless anxieties and faintness in a fever taken off in a moment by only opening the windows of the chamber, which the imprudent nurse in vain endeavours to remove by hurtful volatile spirits, &c.

*Huxham's Observations on the Air.*

† That a patient may be sensible of the advantage resulting from the breathing a pure air, the apartment in which she lies ought to be spacious and lofty, and in an healthy situation; a due attention to these circumstances is recommended to those, who are able to be accommodated in this respect: comparatively speaking, however, a convenience of this kind falls to the lot of but few. Those therefore who possess the external means of ease and comfort, should highly prize and gratefully acknowledge the privileges they enjoy, and it would be happy for them, if at times they were disposed to cast an eye of pity and condolence on the miserable mansions of the indigent; then they might see the real and unaffected scene of woe, which the medical practitioner is often witness to, and in consequence thereof return from a view of such heart-affecting objects, not only with a lively sense of the obligations they are under to that bountiful hand of providence, which has given them abundance, and exempted them from the thousand ills, under the pressure of which the greater part of their species drag the load of life, but with a full determination to administer to the alleviation of their distresses.



assertion; without this we see manifestly that the custom however long established of encreasing heat by cordials, and too close confinement is highly pernicious, by occasioning a fever, which, in the very irritable state of the patient, and the disturbance lately raised in her constitution, may have a fatal issue.

The smaller the room is in which the person lies, the greater caution will be necessary to supply it frequently with fresh air, and in the summer season it may be sprinkled with vinegar, or an acetous infusion of aromatic plants, as thyme, rosemary, marjoram, rue, lavender, &c. with this necessary precaution, that the current from either door\* or window be not thrown upon the patient, but so directed that it may circulate equally around her, by which means she will reap an advantage without being exposed to any injury from an indiscreet use of it.

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\* The chamber door, and even the windows, if the weather be warm, should be opened every day. There should be no board or other contrivance to stop the chimney, on the contrary it should be quite open, that it may act as a ventilator.

*White's Treatise on the Management of Pregnant and Lying-in Women.* p. 129.

Without air and motion no creature can thrive, even plants grow arid, pine and die, "The humble violet, as well as the lofty oak, delights to be agitated by the winds."

The quantity of clothes should be attended to; no more ought to be allowed than is quite agreeable to the feelings of the patient, nor so much as may render perspiration immoderate, or deprive her of the beneficial influence of the circumambient air. This circumstance is too little regarded; a woman feels herself cold, and not knowing the cause, desires that the deficiency of warmth may be supplied by the addition of clothes. This order the nurse readily obeys, thinking that by producing exuberant sweat, this chilliness will go off; the patient is kept in a high perspiration to prevent a return of cold, but she generally experiences, if she attends a little to her own feelings, that no degree of heat is sufficient for this purpose, and that the shiverings are rather increased than diminished, in proportion to the heat excited.

A moderate warmth is no doubt serviceable in the first stages of lying-in, but the greatest circumspection is necessary to confine it to a proper and salutary degree. To prevent the increase of heat to an improper height, whereby the system may be weakened, by a diminution of the impulse of the heart and arteries, she should observe that her skin ought to feel soft, but never moist and

clammy,\* much less should an immoderate sweat be raised or encouraged, this would in all probability lay the foundation for a troublesome eruptive or putrid fever.

In order to procure sleep, such means are often used, as have a direct tendency to prevent it, the curtains are drawn close, the room darkened, so as entirely to exclude light, and the attendants for their amusement generally hold a conversation in low whispers.

A total darkness in the room may depress and disturb the mind with gloomy thoughts and prevent that rest, which nature requires; therefore an agreeable and faint light should be admitted thro' the medium of a thin curtain, or Venetian blinds, before the windows.

To those who possess a quickness of sensation, whispering is very painful, and, though it is commonly used from a generous and good motive, a fear lest the patient should be deprived of that tranquillity

\* Mr. White observes, that as patients are not always good judges of their own heat in the very beginning of a fever, they ought to have some person to feel their bodies many times in a day, in order to regulate the heat of the room and the quantity of clothes they are to have upon them.

tranquillity which is necessary to her recovery, yet has a direct tendency to make her uneasy, and to fill her mind with apprehensions of danger. It should therefore never be permitted, and when there is occasion to speak, let it be done in a low but distinct voice, which will be much less disagreeable than the indistinct and cautious sound of a whisper.

The anxiety of a person in child-bed is frequently so great, that when those, who are about her, speak in this tone of voice to each other, she is inclined to believe, that something is or has been said concerning her, and no wise favourable, and should a glance from the eye of either of them that speak in this manner be directed to her, this would confirm the suspicion which she entertained. With such an impression upon her mind she takes the first opportunity to ask the medical person, who may attend her, his opinion respecting herself, merely from the above circumstance; and it is as common for nurses to be very inquisitive to know the real state of the patients case. Such enquiries ought never to be made in the presence of sick persons, lest their imagination by representing their danger more visionary than real should retard if not prevent their recovery.

During sleep great care ought to be taken to prevent any sudden or disagreeable noise, that might occasion unexpected surprise, which may be occasioned by persons entering the room in an hasty and inadvertent manner, or by the communication of any news of a painful or disagreeable nature. A carpet should be laid in the room, not only to prevent the uneasiness that the bare walking on the floor gives to some patients of a very irritable disposition, but to preserve the patient from the effluvia of any moisture; for the washing any part of the bed room, even in the slightest manner, is very dangerous.

The lying-in apartment should be kept quite clean, airy, free from smoke, from offensive or strong smells, and from too much either of heat or cold. Every thing that can harbour filth or dust should be occasionally removed, well beat and exposed to the fresh air.

Upon the patients waking from natural and uninterrupted sleep, she is sensible of very great refreshment, a circumstance which clearly evinces the importance of rest immediately after delivery, and how unfavourable a deprivation of it must be to her getting well.

Whether



Whether the needful discharges be promoted by a proper change of position, or without any, by the warmth of the bed alone,\* in either case a frequent supply of warm, soft and clean linen should be applied, after the use of a sponge dipped in some warm water or emollient decoction. In consequence of inattention to this circumstance, they have been obstructed, the parts, rendered very sensible by labour, much irritated, and a disagreeable effluvia diffused throughout the chamber.

Since much harm has ensued from too early sitting up after delivery, as well as too long a confinement in the recumbent position, the proper time for a change of posture should be determined by the strength of the patient and other circumstances. When it is judged necessary, the most comfortable and easy attitude of body will generally be found to be that wherein her head and shoulders are conveniently raised with pillows, or a bed chair, and she is allowed

\* If the lochia do not flow so plentifully as may be expected, or if they entirely stop, no irritating, forcing medicines should be used. They never do good, and are often productive of much mischief. If the patient is in other respects as well as can be wished, no regard need be paid to this circumstance. We find this evacuation not only very different in different women, but even in the same woman in different lyings in, from which she recovers equally well.

*White.*

lowed to put her hands and arms out of bed, unless she can bear the upright posture without these supporters. When she first sits up, a small quantity of mild nourishment may be given, if she desires it, or is faint or languid, but no sollicitations should be used to prevail upon her to take any thing against her inclination.\* It would be much more adviseable to adjust the quantity of nutriment, and the times necessary for it, by the patients own choice; for according to the stated and uninterrupted course of nature, she will find her appetite, more or less diminished by the fatigue of labour, return at a time, when the use of aliment is most beneficial, and produces that salubrious liquid which is best suited to the demands of her tender charge.†

## S E C T.

\* See Mofs's Essay on the Management and nursing of Children, respecting the Treatment after Delivery, from page 298 to 324.

† The evening is generally preferred for the purpose of getting out of bed; because from the fatigue of rising, she will be afterwards better disposed to rest: but if she be weakly, and apt to be sick on rising, she may be taken up before dinner. At first she should sit up no longer than till the bed be commodiously adjusted; next day she may sit an hour or two, provided she can do it without fatigue: after this she may sit up longer and longer every day.

*Hamilton.*

## S E C T. XIX.

*Puerperal or child-bed fever—principal causes thereof—importance of attention to its earliest symptoms—treatment necessary upon its commencement, and the advantages of the immediate use of proper remedies—distinction between this and some other complaints—danger of too firm a reliance on the natural powers of the constitution—signs of convalescence.*

THE delusive nature of that disease which is characteristic or peculiar to the lying-in state, called the puerperal or child-bed fever, demands a very serious attention,

With respect to its origin and cause, the sentiments and opinions of writers have been various, but those of the most respectable characters for judgment and experience impute it to inattention, to complaints during pregnancy, to imprudent management in the time of labour and subsequent to it,

it, particularly whatever occasions increased heat, or raises a preternatural commotion in the system.

The apparent trivialness of its first and most early symptoms renders it to a superficial observer a matter of little importance, or at most, but an indisposition that will in all probability soon go off, and the insidious manner of its attack amidst the most flattering and hopeful prospect of the patients recovery, often causes it to escape the attention of others more discerning and judicious.

Hence it is, that it has frequently gained ground unawares, and from its affinity to other affections less dangerous, has been overlooked, or the patient has suffered from the erroneous judgment of those who were incapable of forming just conceptions of its real nature and tendency.

Like most other complaints it is found to be more easily prevented than cured, and the success of medicine will greatly depend on its being administered as soon as it makes its appearance under whatever form. For if a skilful and experienced person be called, in its beginning, and by deliberate observation discovers its nature, and is attentive to its progress, there will be a much greater probability

bability of his being able to effect the cure of it, than if a later application should be made to him, when it has taken deep root in the constitution. And it will be a fortunate circumstance for the patient when first seized with this complaint, if medical assistance is near, and can be procured without delay, that the most efficacious means of relief may be applied; otherwise the judgment of the most eminent of the profession may be embarrassed and at a loss what to prescribe upon a view of the most complicated and dangerous symptoms.

That the progress of the disease may however be retarded, and no time lost until superior aid arrives, which it is well known in some cases is not very easily obtained, it may be necessary to point out to those, who attend lying-in women, the manner in which the disease evidently appears, the distinction between this and some other complaints to which they are subject about the same period of time, the application of proper remedies, and to show that a due regard from the nurse or other persons who are with any patient in this situation may not only prevent her suffering much distress, but rescue her from impending danger.

This complaint generally appears about the second or third day after delivery, sometimes later.

The



The patient becomes restless, uneasy in her bowels, has alternate sensations of heat and cold, or a shivering fit, felt by many first in the feet and from thence proceeding upwards, heavy pain in the head, especially the forepart, vomiting of yellow, greenish and offensive matter, pain in the back, loins, knees and arms, sensation of heat and great uneasiness about the region of the womb, swelling and great tenderness of the belly, sometimes a change in the quantity and quality of the uterine discharge, a diminution or deficiency of milk, frequent purging, and other symptoms as the disease advances.

Mr. White observes "that much will depend on the management of the patient, during the continuance of the febrile symptoms, or the hot and cold fit; for by proper treatment the disorder may frequently be stopped in its first stage, and further mischief prevented."

For the most part little regard is paid to the shivering unless it be considerable, and even the means too often made use of to abate or remove it, by giving some warm spirituous cordial, &c. rather tend to facilitate its return, and favour the increase and continuance than the prevention or abatement

abatement of succeeding heat, \*At the beginning of the fit, if the patient be really colder than in health, warm flannels, bags filled with toasted grains, bottles with hot water, or hot bricks may be applied to her feet; but what is of more consequence, her limbs should be gently rubbed with a warm hand, or with flannel, and some additional clothes should be laid upon the bed, particularly upon the legs and feet.

A gentle diaphoresis or spontaneous sweat will generally by these means come on, to encourage which a basin of warm barley water, orange or weak sack whey, &c. may be given; but as soon as the hot fit comes on\* a different plan must be pursued, the moisture upon the skin is to be wiped off with warm cloths, and a cooler treatment observed, conducted in so cautious and gradual a manner that the patient may suffer no detriment by the change.

The room should now† be supplied not only with plenty of fresh, but of cold air. The bed  
curtains

\* White's Treatise, p. 188.

† Immediately upon the commencement of the hot fit, Dr. Manning advises an emollient clyster, of chicken water, or milk and water, which he adds, ought frequently to be repeated through the course of the disease. Mr. White and many others are of the same opinion.

‡ White.

curtains should be undrawn, that the bed as well as the room may be frequently ventilated. To ascertain the degree of cold necessary is impossible. The patient's situation, the violence of the fit, and the mildness or severity of the season must determine this. It will however, *in general*, be good to reduce the degree of the patient's heat as near as possible to the standard of perfect health. The sooner this is done, and the nearer her heat is brought to this standard, the milder will the succeeding symptoms be, and the sooner will the sweating fit come on; which, if it be spontaneous,\* and not forced by hot air, too many clothes, hot liquors, or hot medicines, will in all probability terminate the disorder. But though liquors perfectly cold are proper during the hot burning paroxysm, yet they must not be given during the sweating fit.

Purging and vomiting, are symptoms which are apt to create an apprehension of danger, when they come on in the beginning of this complaint, and attempts have sometimes been made to restrain them. But when they are considered as efforts of nature to relieve herself from an encumbrance  
under

\* The profuse sweat which follows the shivering fit is often completely critical.

under which she suffers, and which would prove very injurious to the patient, were it to remain, such attempts must appear to be highly imprudent.

\*For experience certainly authorizes the assertion, that more women appear to have recovered of the puerperal fever, through the intervention of a diarrhœa, than have been destroyed by that cause. If it also be considered, that purging is usually the almost only sensible evacuation in the more advanced stage of the disease, and is that which accompanies it to its latest period, we shall have the strongest reason to think, that it is *critical*, rather than *symptomatical*, and ought therefore to be moderately supported, instead of being unwarily restrained. Besides the advantage which is found to attend vomiting as well as purging, in the earlier stage of the disease, should seem clearly to evince, that the matter discharged by those evacuations is that which chiefly foment the disease. And indeed, experience so fully convinces me of the benefit arising from the use of emetic and purgative remedies, in the puerperal fever, that I think they are the only medicines on which any rational dependence is to be placed; at least, they are certainly such as I have found the most successful."

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Dr.

\* Manning.

Dr. Denman thinks, that when such complaints of the stomach accompany the beginning of this disease, we shall lose an opportunity of doing much service, if we omit to give a vomit.\*

A procedure sanctioned by experience and perfectly consonant to sound reasoning, ought without hesitation or delay to be put in practice.

A gentle emetic, therefore, consisting of twelve or fifteen grains of ipecacuanha, or two of emetic tartar should be taken in a little warm peppermint water. This often proves a very powerful assistant to nature, by unloading the stomach of putrid, acrimonious bile, and other offensive matter, which has for some time before been accumulating. It diminishes the irritability of this organ occasioned by the retention of that which was oppressive to it, determines the circulation from the interior parts more generally to the surface of the body, lessens the violence of the fever by promoting a gentle sweat, and by bringing its paroxysms to regular periods, has in similar cases prevented a re-  
turn

\* If great pain be felt in the belly, and increases upon the least motion, a mild laxative clyster, or some potion of the same quality, is to be preferred to an emetic, and it generally proves most serviceable, if given before this symptom comes on.



turn of the cold fit, and of a debilitating evacuation from the intestines.\*

It will seldom be necessary to repeat this medicine, if it operates well; but should this not be the case, it may be given in smaller doses every four hours, until the desired effect is obtained. It is a usual custom, to drink large draughts of warm water, camomile tea, &c. with a view to assist the operation of emetics; here however it may be necessary to attend to a maxim observed in practice: that the first motions to vomit should never be encouraged, until they are so strong as to be effectual in cleansing the stomach by a few efforts; for by drinking large quantities of warm watery fluids,

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before

\* Experience in general, so far from giving room to apprehend any bad consequences from vomiting at a very early period after delivery, authorises us to conclude, that many desirable purposes, besides that of cleansing the stomach, are answered by it.

*Denman.*

Immediately before the paroxysm of remitting, intermitting and putrid malignant fevers, spasms in the primæ viæ (first passages) are accompanied with vomiting of bilious fordes. But as this is an effort of nature to throw off the noxious particles, it ought to be assisted.

*Dr. Anderson's Medical Remarks on Evacuations. p. 8.*

If the vomiting be critical, it becomes a cure of the reigning disorder, by anticipating it in the beginning, or by separating the noxious parts from the purer juices in the advanced stage.

*From the same Author. p. 13.*

before those efforts take place, the action or contractile power of the stomach is weakened, and there is a less degree of probability, that its viscid contents will be dislodged and carried off,\* by such means of assistance than if they be omitted until the vomition has made some progress.

Should no evacuation be produced from the bowels by the medicine, a clyster of barley water, chicken-broth, or the common decoction, with  
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\* Dr Deninian's approved mode of treatment, upon the commencement of the disease is as follows :

Of a powder consisting of two grains of emetic tartar, and one scruple of prepared crab's eyes intimately mixed, he orders from two to six grains, and to be repeated as circumstances require. If the first dose produces no sensible operation, he advises that an increased quantity be given at the end of two hours, and so on. If however the first dose should bring on a vomiting, purging, or profuse sweat, the effect of these operations is to be waited for, before the medicine is repeated. If any alarming symptoms remain, the powder is to be repeated in the same quantity as first given; though this, he thinks, is seldom necessary, if the first dose operates properly. If the first dose produces any considerable effect in the manner just mentioned, a repetition of the medicine in a less quantity, will seldom fail to answer our expectations; but great judgment is required in adapting the quantity first given to the strength of the patient and other circumstances.

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*Method of Cure, established in the Hotel Dieu of Paris,  
by the late Dr. Doucet.*

“ This consists in taking the advantage of the moment of the attack, and giving, without losing an instant of time fifteen grains of ipecacuanha :

a little starch, should be administered, unless the patient is costive, when more active injections are to be preferred, see p.202. When however the disorder commences with diarrhœa, the former are often sufficient to carry off any stimulating matter without any hazard of increasing the purging so as to weaken the patient; and, besides, a very good effect, viz. a diminution of tension, is often derived from their use, because they act as an anodyne fermentation to that part which the patient describes as the particular seat of painful sensation. Where they cannot conveniently be had, or the person objects strongly to them, a dram of magnesia and a scruple of rhubarb may be given in a few ounces

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an hour and an half from each other, and repeating them again the next day in the same manner, whether the violence of the symptoms be abated or not; and if the disease should continue much the same, they are repeated again the third, and even the fourth day, according as the case may require. In the intervals between the doses, the effect of the ipecacuanha is kept up by a potion composed of two ounces of oil of sweet almonds, one ounce of syrup of marsh mallows, and two grains of Kermes mineral. The common drink is linseed tea, or an infusion of scorzonera root, edulcorated with syrup of althea; and towards the seventh or eighth day of the disease the patient takes a mild purgative, which is repeated three or four times according to the exigency of the case."

Dr. Doucet, in his memoir "containing a new and successful method of treating the puerperal fever," and from which the above is taken, affirms "that the success was in every instance the same; so that in four months, during which this epidemic disease raged with fury, near 200 women were saved to society, excepting five or six, who all

of peppermint water; or any other lenient cathartic be used. Such medicines ought to be administered with great caution, lest the patient experience the unpleasant effects of a larger discharge than may be either proper or desirable. And though to regulate the medicine requires some judgment, it ought however not so to operate upon the mind, as entirely to preclude the exhibition of that which appears to be proper when the necessity thereof is clearly evinced, nor should it be delayed merely on account of the patients weakness, unless it be very sudden and considerable; for much will depend upon the early use of evacuations, whilst the disorder is in its first or inflammatory state, before the patient is reduced by its continuance to such debility and prostration of strength as might render it unsafe and even hazardous. For if the matter

refused to take the vomit and were victims to their own obstinacy."

The Royal Medical Society of Paris, who were ordered by the French government to give their report or opinion of Monsieur Doucet's memoir, (Sept. 1782) justly observe "that the efficacy of this method of cure, consists wholly in its early application, namely, in the very moment when the disease first commences."

This suggests a remark which may be of general use, namely, that it is of the utmost importance to obtain the best advice in the early stage of every disease, particularly those incident to lying-in women, which are sometimes acute in their kind and rapid in their progress; and that to see a complaint in its beginning so as to be well ascertained of its diagnostics or distinguishing symptoms is an advantage, almost equal to a considerable progress made to the removal of it.



ter accumulated be not carried off by assisting the efforts of nature, the patient will most certainly become more weakened from its absorption, and the inflammatory symptoms quickly terminate in those of a putrid kind. Besides, this accumulation of impurities is apt to produce such a violent diarrhœa or looseness, as may not be easily restrained, when the patients strength is evidently sinking under it; but this might probably have been prevented by a well-timed purgative.

It is matter of surprize, that costiveness should be so little attended to, as it is generally found to be, in the management of lying-in women,\* when many other disorders, as well as this under consideration, derive their origin from this injurious source. And there is something extraordinary in its being neglected even to the ninth day or later, from the birth of the child, a day which appears still to be held as critical, or in which a definitive event is expected by persons of a superstitious turn

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of

\* Some are of opinion, that costiveness is of service to child-bed women, and do not venture to give even a gentle clyster for the first eight or ten days, for fear of causing a looseness, which they account always dangerous, &c. But we need not always be under any great fear from a few loose stools, nor even from a gentle diarrhœa in lying-in women, if it be not attended with other bad symptoms.

*B. Van Swieten's Commentaries, &c.*



of mind, and on which a more than usual confinement is by them judged necessary. It would be well for patients in this situation, if such and many other absurdities were exploded. It must plainly appear to every one possessed of common understanding, that after labour, when there is a particular increase of heat and disposition to fever, an obstructed state of the body is very prejudicial and may prove, without seasonable relief, fatal in the issue. Were this dangerous habit more guarded against by proper attention before and after delivery, child-bed indispositions, and fevers would be less frequent than they are.

To correct, or carry off any remains of that which has for the most part been discharged, an aperient saline draught\* may be given every three or four hours; and that it may be more efficacious in obviating or correcting any putrescent tendency, it should be taken in the state of effervescence,†  
that

\* To a scruple of salt of wormwood or tartar previously dissolved in two table spoonsful of spring water and two drams of spirituous tincture of rhubarb, add a table spoonful of fresh lemon juice. As soon as the frothing or ebullition begins, it is to be immediately drank.

† I have prescribed this medicine in the act of effervescence for many years during every stage of the putrid malignant fever, both in pregnant and puerperal women, with very apparent advantage.  
*White.*

that the fixed air arising from the combination of the acid and alkali may be carried immediately into the stomach and there produce the wished for effect. After proper evacuations and an abatement of feverish heat, the saline mixture may be omitted and such draughts substituted as by their astringency tend to corroborate the relaxed viscera.\*

It will generally be known, when the stomach and bowels are freed from their acrid contents, by the patient herself, whilst her countenance expresses the benefit she has received, her expression testifies the comfort she feels in the freedom from a state of great pain and anxiety, and a still greater proof of this abatement of uneasiness is evinced by her enjoyment of some refreshing sleep.

A careful distinction must be made between pains in the back, loins, and region of the womb in this complaint, and such as are commonly called *afterpains*; for if such remedies, as are generally prescribed for the latter, be inadvertently given to a patient labouring under the former, the consequence may be a speedy increase of the symptoms to so great a degree, as to endanger the life of the sufferer.

It,

\* *Antiseptic Peruvian Draught.*

Take two grains of alum, half an ounce of fresh orange juice, two drams of Huxham's tincture of bark, and two ounces and a half of spring water.

It should therefore be remembered, that the pains which attend the puerperal fever are for the most part of the inflammatory kind in its first and early stage, continue with little or no intermission for a considerable time, are confined to the belly, attended with heat, quickness of the pulse, &c. and are much increased by a warm regimen and cordial medicines.\*

*Afterpains* never prove dangerous are of the spasmodic kind, and though sometimes severe, are very rarely constant, but intermit and seldom occupy the same spot. They come on very soon after delivery, without any considerable degree of fever or tension of the belly, and in most cases yield to warm fomentations, gentle compression on the abdomen, and the judicious use of anodyne, antispasmodic medicines, and emollient, carminative, &c. clysters.† They who are subject to them, will

\* All pains of the belly, or parts contained in that cavity, coming on soon after delivery, are by the ignorant or inattentive, indiscriminately styled *after pains*; but it is of great consequence, that pains occurring in the child-bed state be accurately distinguished from each other.

Hamilton.

† *Anodyne Clyster.*

To a pint of water gruel or milk and water add sixty drops of tincture of opium, and two ounces of jelly of starch.

*Emollient ditto.*

To the same quantity of marsh-mallow decoction or milk and water add a table spoonful of fresh olive oil.

When an active or purgative clyster is required, and the

will find great relief by taking the anodyne spermaceti draught, page 116, immediately after delivery, or a table spoonful of castor oil in a little pennyroyal water, with thirty drops of Hoffman's anodyne liquor.†

The breasts in the puerperal fever are usually flaccid, and there is little or no secretion of milk, but in that feverish heat raised in the system by improper treatment called the *milk fever*, the breasts are painfully distended with that fluid.

The painful tumefaction of the belly, or that tenderness which so affects the patient that she cannot bear the least weight or pressure upon it, and which increaseth by the least motion of the body, is a symptom that should ever be regarded as of the utmost consequence; and she ought herself never to omit giving the earliest notice at any hour

patient has been coſſive for ſome time, the following form may be uſed,

Take of the infuſion of tamarinds a pint,  
Rochelle or Epsom ſalt half an ounce,  
Olive oil two table-ſpoonful.

† When nervous irritable perſons are affected with after-pains, they will generally experience much benefit from the following bolus,

Take of Ruſſian caſtor in fine powder ten grains,  
Salt of amber eight grains,  
London philonium fifteen grains, mix.

hour in the day or night, of the very first uneasy sensation she may have of this sort, to the nurse, or the person who happens to be with her, that such applications may be made and means used, as may carry it off.

In order to discover with greater certainty a symptom of such importance, it is a general rule with me to desire the patient soon after delivery to place her own hand upon her belly, to make a moderate steady compression, and at the same time to draw in her breath; if this produces a pain, which she describes as deeply seated, I order a piece of flannel moistened with camphorated brandy to be applied as warm as the patient can bear it, and frequently to be renewed. If she is costive, or troubled with flatulencies in her bowels, a gentle laxative clyster, or draught is prescribed, by which means the pain is often speedily removed, and perhaps that foreboding of the belly prevented, which in the child-bed fever generally proves of a very serious nature.

Should the uneasy sensation still be felt or increase, more stimulating applications\* are ordered,  
to

1. \* Take of olive oil, one ounce, spirit of hartshorn, half an ounce, camphor one scruple.

2. The following is more stimulating:  
Take of camphorated oil two ounces, spirit of sal ammo-



to be rubbed gently upon the part immediately after the application and removal of warm fomentations. Such, as not only warm the part, but raise vesications or blisters, have often had very desirable effects; they determine the afflux of the circulation of blood from the internal parts to the surface of the body, and thereby prevent inflammation and the exudation of serous and acrid fluids on the intestines, abate the increased sensibility of those organs, and diminish painful tension.

Nothing however should be applied, which by its weight or pressure may counteract the benefit thereby intended.

If, in consequence of the treatment recommended, the patient becomes easier, the tension of the belly subsides, the skin from being dry and hot feels cool, and acquires a moisture after the cessation of sweating, the pulse, which before was strong, quick or languid, be soft and slow, the tongue moist and clear, if instead of being restless and anxious, she is more composed and cheerful, the lochia, which before were obstructed, return, the breasts enlarge, and the urine deposits a  
copious

niac, vitriolic æther of each half an ounce, fine flower of mustard, one dram——mix.

copious sediment, these appearances may with certainty be considered as favourable to the hope of her recovery.

During this state of convalescence\* a cordial and strengthening regimen is necessary; the diet should consist of soft mucilaginous food, such as sago, or panada with a little wine or simple cinnamon water, bread soup, chicken broth, with marsh mallow roots boiled therein. The use of cooling acidulated liquors and ripe fruits may also be admitted, in the choice of which the patients desire and taste is to be consulted; for the happiest consequences have arisen from attending to the powerful pleadings of nature, and from moderately gratifying the ardent wishes of the person recovering.

The prejudice against fruit for lying-in women is in some people almost insuperable; but reason and experience evince that in many cases ripe fruits of a good quality are very proper, particularly in the puerperal fever. They counteract the tendency to putrefaction, and correct and sweeten the putrid bile, spread a refreshing moisture over the parched tongue and throat of the patient, moderate the ardour of her thirst, dilute and cool

\* Or growing well, from convalesco, to amend and get strength. *Answorth.*

cool the heat of her juices, and tend to keep the body open.

It will only be necessary to add, that when medical advice is called in, they who have the care of patients ought to be very attentive to the directions given; an implicit obedience thereto may save many individuals, who may otherwise, by inattention and carelessness meet with an untimely fate.

## S E C T. XX.

*Secretion of the milk—conduct necessary to be attended to at the time of its coming—advantages resulting from the early application of the child to the breasts, and the injurious consequences arising from forcibly drawing these tender parts—a mode of suction recommended—management of the several diseases to which these susceptible organs and their appendages are liable at the time of lying-in, &c.—mothers advised to suckle their own children.*

THE next subject which naturally falls under consideration, is the management of the breasts.

The structure of these glandular and sensible organs appears to be more nice and complicated in the human than in any other class of animals; and hence it is, that they are subject to obstructions, and inflammations from any cause whatever, which may too suddenly determine the circulation of the blood to those parts of the body.

It is wisely ordained by provident nature that the breasts should be formed for the purposes of relaxation and gradual distention; it is therefore by degrees that they encrease in size, and admit larger supplies of that fluid during pregnancy; until a proper time after delivery, when the secretion of milk takes place, the approach of which is announced by a sensation of fulness therein, about the second or third day from delivery, accompanied with more or less uneasiness, and sometimes slight feverish symptoms.

These, however, seldom continue long, unless an improper conduct has been pursued, but most commonly subside upon a complete secretion and free discharge of that nutritious liquor.

Though it is certain, that in proportion to the difficulty nature finds in opening the lactiferous tubes,\* for preparing and discharging the milk, the febrile indisposition will be more or less considerable;

\* These are tubes or canals, which during pregnancy enlarge, and are often considerably distended after delivery. They have their respective glands, and terminate in the nipples in several orifices. In their natural state they are folded in such a manner as to act as valves, whereby the involuntary flow of milk out of the breasts is prevented, unless they are very full, or the child or another sucks; in which case these tubes are elongated and unfolded, and the milk flows uninterruptedly through their extremities.



derable; yet this plethoric state may be greatly augmented by a heating regimen, indiscreet exposure to cold, costiveness, and efforts too forcibly used in drawing off the milk. What is generally called the milk fever is in most cases the effect of artificial misconduct, and by no means so unavoidable as many are taught to imagine.

A very important matter to be attended to in the management at the coming of the milk is, carefully to avoid such causes as have been enumerated, or whatever is apt to direct the circulation with greater velocity than usual to the breasts, as well as to observe particularly the process of nature, which will point out the necessity of early applying the child to them, so that a free and easy flow of milk may be solicited without exciting any sensible fever, and by which the risk of obstruction from an accumulation thereof may be obviated.

The application of the child to the breasts has frequently been too long deferred, or a foreign aid called in, upon a supposition that the milk was at first secreted in too small a quantity to afford any nourishment, or that, from the weakness of the infant, it was incapable of suction equal to the purpose of obtaining it. Hence many tender  
babes

babes have been deprived of the first and most salutary effusions of this salubrious liquor designed for their support,\* and a food substituted in the room of it; improper in its kind and often fatal in its effects.

Providence has wisely ordained, that this mild, balsamic and medicinal fluid should, in the most seasonable and convenient time after delivery, be provided in the breasts for the tender infant, which

P 2

though

\* The food of infants, even when it consists of breast milk only, is as competent to their delicate stomachs and small vessels, as solid meat is to the adult. *White.*

The mother's milk partakes of the animal and vegetable quality, and therefore is, as nature designs it, perfectly suited to the purposes of digestion and nourishment for children.

*Moss.*

The first food for infants is easily converted into nourishment; and as it operates as an emetic, as well as a purgative, an accumulation of vitiated humours in the alimentary canal is prevented, but when a substance, the most remote from the animal juices, is to be converted into nourishment, (as that, which is generally given to children instead of their milk, must be) acidity and flatulence are generated in the first passages, and crude viscid humours in the other digestions. The child is moreover tormented with excruciating gripes, and a wasting diarrhœa. *Millar.*

By putting the child early to the breasts, it would take off the mother's load as it increased, before it could oppress or hurt her; and thereby effectually prevent the fever; which is caused only by the painful distention of the lacteal vessels of the breast, when the milk is injudiciously suffered to accumulate.

*Cadogan.*

though at first small in quantity, is not only sufficient to satisfy its demands for the present, but possesses a very beneficial quality, that of cleansing the stomach and bowels of a tenacious matter, which though useful during its uterine confinement, if after that period, it be long retained, is apt to become prejudicial.

The child therefore for its own sake should always draw off the first milk, if nothing appears to justify a deviation from this rule, and ought to be applied to the breast of its mother as soon as she is recovered from the fatigue of labour. This not only coincides with the common judgment of mankind and the dictates of nature, but is confirmed by the testimony of the most experienced of the medical profession.

A late worthy character,\* who to great professional skill united a manner and deportment which particularly endeared him to the fair sex, and considerably enhanced his reputation, expressed his opinion in favour of this early application of the infant to the breast, with peculiar energy; and a modern writer,† in his concise, but valuable directions for the management of infants, says, “ This nutriment is far superior to any we can substitute in the place of it; though the quantity may be

\* Dr. W. Hunter.

† Martell.

be small which the child can at first procure, it is salutary ; and the advantages gained by these early attempts are as beneficial to the mother as they are to the infant."

It is proper to observe, that previous to putting the child to its mother's breast, it is necessary to examine whether there be any obstruction to the act of sucking, whether its tongue be free, and the passage open for stools. The nipples should also be bathed in a little warm milk, in order to cleanse them from a matter that is commonly more or less secreted by small sebaceous\* glands, which is bitter, disagreeable to the infant and often causes it to reject the breast with apparent disgust. The warmth likewise from this fomentation will tend to relax the lactiferous tubes, and favour their elongation in suction.

This early drawing of the breasts by means of the child, before the blood begins to flow into them with any considerable force, or any painful distention can be occasioned, is attended with many advantages ; the principal of which is, that the vessels, which convey the milk to the nipples, are gradually opened, and by the easy solicitations of

P 3

the

\* Sebaceous glands, those which secrete a viscid, or cerous matter.



the infant it is kindly invited without the least hazard of producing heat and fever, or those disorders which are too often the effect of a most unjustifiable practice, that of another person's using great force in drawing off the milk, whereby every good purpose intended by the operation is commonly frustrated.

When the laws of nature are counteracted, and the child is kept from the breast 'till the third or fourth day, what is the consequence? In answer to this, it is observed that the breasts become painfully distended, and the nipple considerably retracted and shortened; the patient likewise labours under no inconsiderable degree of fever, which is much increased under the management of ignorant persons, who treat her in a manner very inconsistent with the requisite tenderness, and charge nature itself with negligence in one of its most important functions.

It is evident, say they, that this enlargement of the breasts is owing to an accumulation of milk; this is true, but it might have been prevented. The child, they observe, cannot draw out the nipple by reason of its shortness, or if it does, the milk is not drawn sufficiently from the breast; therefore the assistance of another, they suppose,  
is



is necessary, without which dangerous disorders may ensue.

In performing this operation, the person, who submits to it, is often put to great torture, which is frequently and positively declared to be unavoidable. As a reason for such an unwarrantable procedure, the mechanical operator alledges, that some filaments must be broken before the milk will flow freely. These are called *nipple strings*, but that which appears very extraordinary is, not one of those, who are desired to give some account of their structure or situation, can give the least satisfactory information, they only say, "they are strings, and they know they must be broken," but where or what they are remains a mystery to them.

If by these strings are meant the tubes which convey the milk, the ligamentous fibres,\* or blood vessels, it is to be apprehended that a rupture of

P 4

either

\* In women who have never given suck, says *Dionis*, the nipple is sometimes not formed without difficulty; the child cannot take it, and when it has hold of it, it immediately lets it go, because it is not yet sufficiently advanced outwards; and this is what women call *not having the string broken*, because it seems to be retained as it were by a small string. *Mauriceau*, calls these fibres, "*petits filamens nerveux*," from whence it may be inferred that they are very sensible and cannot be torn without producing mischief. To remedy this defect in the nipple, see page 99.

either of these would be attended with very bad consequences.

Such a force of suction applied to these parts and their sensible appendages the nipples, as is enough to break any of the canals the minutest especially, which ramify through their substance, must, generally speaking, be productive of inflammation, perhaps, a violent symptomatic fever, and at length an abscess or collection of matter within either of the breasts or an exulceration in one of the nipples. A treatment so severe exposes the patient also to the recurrence of a similar disaster in a future or succeeding lying-in, the original inflammation and abscess having occasioned an adhesion of those parts, which before naturally admitted of a free and easy distention; or the milk tubes have been so affected thereby, that the fluid therein contained is interrupted in its flow to the nipple, and a very painful swelling effected by the obstruction. If force be again applied, the first mischief is increased, the same consequences follow, if worse evils be not brought on.

Mr. CRUTT WELL, late surgeon of this city, a few years ago published a small tract, entitled "*Advice to Lying-in Women; chiefly respecting the custom of drawing the breasts;*" the humane purport of which was

was, to point out the many injurious effects resulting from the above practice, which he considers "to be unnatural, indelicate and painful." How much soever the mode of treatment recommended by this Gentleman may differ from that which has been generally observed; yet many, particularly they, who do not suckle their children, from their own experience of its beneficial effects, give him that tribute of praise which he justly deserves. "The drawing of the breasts, he says, is too commonly considered in a favourable light, and meets with too great a degree of sufferance and approbation. When the milk is drawn violently, some vessels or ducts much more readily yield forth the milk than others; a small degree of force will often produce inflammation, rupture some vessels, and produce obstruction in others; the secretory duct will pour forth the milk, but the diseased one cannot give it a passage; the milk is accumulated in some cell or cells, and the disease becomes an abscess," &c.

In drawing the breast, whenever it may be judged necessary, that is, when the child cannot be brought to take to it, or the nipple is sore and inflamed, &c. the operation should give as little pain as possible, and the patient will feel much less uneasiness than she must otherwise undergo, if they

they, who profess this business, attend to that which has been said by Mr. White upon this head.

“ The whole breast and nipple being stretched out, so that the breast may assume a conical form, the tubes\* become perfectly straight and open ; in this situation a hand being applied to each side of the breast, the milk is forced out at the same time that the person’s mouth is applied to the nipple. By this method a very moderate suction only is required ; and that violent degree of it, upon which the generality of operators place their dependence, by which the nipple is frequently excoriated, and great pain given to the patient without her breast being completely emptied, becomes totally unnecessary.”

If they who are desirous of retaining their milk for their infants, can have their breasts drawn in so easy a manner, and the end desired is thereby obtained ; how much is it to be preferred to the contrary practice which is very dangerous, especially when these parts are in a state of tense pain or inflammation. A woman should be guided with respect to the propriety of having them drawn by her own feelings, if this be done either by the child or another person, and causes additional uneasiness,

\* See note, page 209.



uneasiness, she will do well to postpone this operation for the present and observe such a plan as is here recommended.\*

She is advised to keep herself quiet and composed in her mind, to discontinue the cause or causes which first brought on the inflammation, or whatever happens to favour its continuance. To alleviate pain and diminish the sensation of weight, which might prevent the discussion of the swelling, the breasts should be suspended in a soft linen cloth fastened over the shoulders, or the patient may lie as much as possible in the horizontal or recumbent position. If she is young and plethoric, the losing a little blood will be of service,|| as well as cooling lenient purgatives and a spare diet. Where the inflammation is recent, sedative† and gently astringent applications‡ are of great use.

By

\* In this case, the glass cup mounted with a bag of elastic gum, or that, to which I have before given the name of the *elastic nipple machine*, has been very useful; it acts with less force upon the breast, if properly applied, than the suction by a child or any other person, and it has one great advantage, which is, at the same time that it gently unloads the breast of milk, it elongates the nipple.

|| The sooner bleeding is used in inflammation of the breast the better, since it diverts, in a more powerful manner, the bias of the circulation from this organ, than any other evacuation.

† *Sedatives*—applications which diminish increased sensibility or morbid motion.

‡ Take of crude sal ammoniac one dram, bruise and dis-



By such means the inflammatory and febrile symptoms usually go off soon and the unnatural prominence of the breasts subside, so that the infant may be safely applied to them.

But if by neglect or improper treatment the heat and swelling increase, and the pain becomes less intermittent than usual, heavy and throbbing, the view of restoring the parts to their office without any breach or division of them, is now obviated; for there is evidently a tendency to suppuration, or that action whereby the fluids are changed into matter, and it will be adviseable to procure a speedy and complete formation thereof, since in proportion to the length of time taken up in the process of maturation, will generally be the size of the abscess. For this purpose all cooling, discutient

solve it in a pint of boiling water, then add,

Extract of opium, one scruple,

Spirit of mindererus four ounces. Mix for a lotion. Cloths dipped in this or any other that may be ordered should be kept constantly to the part.

Boerhaave recommends the following cataplasim, as an effectual remedy, when the breasts are obstructed with milk, and the inflammation at the same time is considerable,

Take flowers of camomile, elder, melilot and lavender, of each two ounces, saffron, one dram. Boil them in new milk, and add venice soap two drams, crumb of bread a sufficient quantity to make a poultice.

cutient \*applications should be laid aside, and in their stead a frequent renewal of warm fomentations and poultices be admitted; and that the person may reap every advantage from their use, a regular warmth should be continued, and whatever is to be applied always kept in readiness, that no cold may have access to the part; for an obstruction of perspiration may retard the ‡suppurative process, and prolong the patient's sufferings. After the breast has been fomented with warm milk and water, it should be covered with a soft emollient poultice,† and this renewed twice a day or oftener, according to the season of the year, &c. until there is evidently a compleat formation of matter, which may be known by the diminution of painful symptoms, especially those above mentioned, and by the middle of the tumor appearing rather elevated and softer than any other part surrounding it. It

\* Such as have a repelling power.

† A ripening to matter.

‡ *Emollient poultice.* To an half pint of milk add three table spoonful of fine linseed meal, and one of fenugreek; when boiled for a few minutes, let such a quantity of the crumb of moderately stale bread, (rubbed well between the hands, till it is reduced very fine) be added, as may be sufficient to bring it to the consistence of a poultice. No oil is to be put into it, for this prevents its keeping together; and when it is necessary to remove the cataplasim, part thereof so adheres to the breast, that sometimes cold is taken by too long an exposure to the air. It is to be spread upon a piece of double linen cloth, by the use of a thin spatula smeared with a little oil, lard or marshmallow ointment.

It is a happy circumstance for the patient, if every hardness or firm cohesion within the breast can be resolved, and that, when the tumor is brought into a state of fluidity, the part affected opens,\* for in that case, the wound soon heals. But when abscesses are deeply seated and affect the glandular substance† of the breast, they are often tedious in their progress towards a cure. One or more indurations will often remain after one abscess is opened, which do not mature kindly, but gleet a thin serous or milky fluid.‡ In some inveterate cases there is a considerable hardness and thickening

\* There will seldom be any necessity of using the lancet, unless the matter makes its way in any direction where it cannot have a free and complete discharge; the generality of bad breasts break of themselves and do well. The pain, which is occasioned by leaving an abscess to burst of itself, may generally be obviated by the prudent use of opiates.

† Mammary abscesses are of two kinds. The one proceeds from an inflammation of the cellular texture of the breast, the other is an affection of the glandular parts. In the former the symptoms are milder, the swelling more uniform and equal, advances quickly to suppuration, and the patient generally suckles her child, or has her breasts gently drawn, without any inconvenience, or sensible diminution of the milk. In the latter, the breast is very painful, particularly in its central part, the sensations of uneasiness extending sometimes in the course of the vessels under the arm, &c. The suppurative process is more slow and tedious, the secretion of milk is considerably diminished, and the patient is more or less feverish.

‡ Cases of this kind are often owing to taking cold by going out too soon after lying in, or injudiciously repelling the milk.

ing of the skin without any disposition to break, or they do not break at all, but remain for a long time in an indurated state, creating an uneasy and too often groundless suspicion, in the mind of the patient of the first formation of a cancer. In consequence of her intimating such an imagination, an application of improper remedies has been made, and indurations which would have gone off without producing any mischief, have been confounded with those of a cancerous tendency. Mistakes of this kind may however be prevented and the patient saved from a good deal of anxious concern by attending to the following distinctions. A scirrhus tumor is hard, incompressible, unequal and knotted, is often so small in its beginning, that the patient is not directed to it by any uneasiness which it may occasion. It remains sometimes for years in the same indolent state, unless some action is excited within it by any internal or external stimulus. Then occasionally is felt a darting or lancinating\* pain in some part of its substance, which enlarges as it approaches to the skin, to which it usually has a determination. It gradually assumes a *livid colour*, the blood vessels surrounding it appear varicose† and turgid, and it has some resemblance to the expanded claws of a crab, from whence it has derived its name. When it breaks, the discharge is not of the purulent‡ kind, but

\* Darting or piercing. † Dilated by disease.

‡ *Purulent*, consisting of good matter.



but limpid and mixed with blood. Its exposure to the air occasions a very painful ulceration which destroys as a caustic the fine texture of the parts; occasions a continual irritation in the habit and hectic fever, from the absorption of virulent matter. It rarely happens but to those who are advanced in years, and is aggravated by heat and stimulating applications. Whereas, those tumors which partake of a lacteous\* or scrophulous nature are softer and yield to pressure, their surface smooth and equal, the pain thereby occasioned rather dull and oppressive, than acute and violent. Though often very slow in their progress towards suppuration and sometimes very painful before they break, yet when the swellings open, the patient is generally easy, the matter discharged is of a curdled or mixt substance, and the disposition either to heal or to extend is often very small. Warmth and gently stimulating applications are very serviceable. These morbid swellings may be generally owing to the patient's living in a cold and damp situation, and are more peculiar to youth than advanced age. They are different from those abscesses, which come on soon after lying in, in the appearance of the skin before they break, which is generally of a *purplish red*, whereas the imposthumation, which advances quickly to suppuration,

\* *Lacteous*, milky.



piration, puts on a more *florid and crimson hue*, and the matter discharged from this last is healthy, inodorous and purulent.

The irritable state of the patient, and the tendency in her habit to inflammation during lying-in requires, that complaints of the breast be treated with peculiar delicacy and tendernefs. All applications should therefore be avoided which give pain, such as hot dressings, balsams, tents;\* precipitate, vitriol, frequent wiping or washing the sore, &c. and in stead thereof such are to be used as gently assist nature; correct any acrid discharge; or take off the increased sensibility of the part. A soft bread and milk poultice with a little powdered saffron in it, over a light pledget spread with honey, wax and oil, or Goulard's cerate will be proper. To diminish pain and irritability, to pro-

Q mote

\* The inconvenience which arises from the introduction of tents, must appear to any one who considers the delicate structure of these parts; they act as extraneous bodies, effectually prevent a free discharge of the matter, occasion great destruction of the substance of the breast, and often much deformity. They are therefore with much propriety laid aside.

Frequent wiping or washing any sore, besides the irritation it occasions; proves very injurious, by exposing the wound to the air, and where the matter discharged is good, deprives it of an excellent defensive and balsamic covering. A little soft lint, laid gently on the part is a much easier method of treatment.

note a laudable suppuration and consequently a more favourable filling up of the sore with healthy granulations,\* fifteen or twenty drops of tincture of opium, or from eight to twelve grains of the extract of hemlock may be taken once or twice a day in a draught of simple cinnamon water, or decoction of Peruvian bark ; with propriety also a cooling slender regimen may be observed.

The peculiarities of different constitutions, the nature of the case and other adjunct circumstances will sometimes render a variation necessary in the mode of treatment, and when it becomes obstinate either from an indolence in the habit or parts diseased, more stimulating remedies than those recommended will be proper ; and it may be laid down as an axiom that according to the state of the patient must be the application of curative means. The conjectural proceedings of those adventurers, whose practice is founded upon no rational principles, and who are totally ignorant of the nature of diseases and of therapeutic knowledge in general, will seldom fail to increase the present and lay the foundation for future complaints.

By

\* These are little risings of new flesh, resembling so many little granules or grains, of a florid appearance. They are generally mistaken by ignorant persons for fungous or proud flesh, a term only applicable when they are luxuriant, spongy, or rise above the edges of a sore.

By applying for proper assistance in time, a succession of imposthumations in the breast may often be prevented, which by neglect, or what is worse, bad management, will probably occasion so extensive a disease throughout the part, as to render it ever after incapable of performing its office.

The hardness, which sometimes remains in the breast after suppuration, generally yields to fomentations, or the steam of warm water, to the anointing it with some emollient or volatile liniment, afterwards applying or covering the part with the leaves of some mucilaginous plant moistened in warm water, such as marshmallow, colewort, mangel-wurzel† a piece of flannel or hare skin, and keeping the body in a cool laxative state.

The great sensibility of the nipples renders them liable to many painful affections, which sometimes extend to the breast itself. A variety of topical applications have been made with a view to palliate or cure these affections, severally adapted to the nature of the complaint. In cases of simple

Q 2

excoriation

† Root of Scarcity, Beta Hybrida, *Lat.* Racine de Disette, *Fr.* See an Account of its Culture and Use, lately published by Dr. Lettsom,

Excoriation or loss of the fine delicate covering of these tender parts they are commonly fomented with warm milk, or a soft piece of linen moistened with the same, laid upon the nipples; or a little fresh cream or the oil which drops from toasted cheese is applied; with as much of the caul of veal as will cover the part affected.—When this appears red and inflamed, a weak solution of sugar of lead, or a few grains of the flowers of zinc and rose water, have been of great service. Before the child is permitted to suck, the nipple should be cleansed from whatever of this kind may have been applied, and can be in the least degree offensive to its taste or injurious to its tender frame. And as the operation of sucking greatly prevents the healing of the nipples, the child should be put as seldom as possible to the unsound breast, and the redundancy of milk drawn off by the elastic machine. When *ulcerations* or chaps of the nipples affect principally their bases, so as to form a circular opening or fissure, and become very dry and painful, after fomenting them cautiously with a little barley water or decoction of linseed or marshmallows, a soft linen compress may be applied moistened with the lotion subjoined; \* some recommend the

\* Take of green vitriol calcined to whiteness 20 grains,  
Mucilage of gum tragacanth, two drams,  
Honey of roses, and rose water of each 1 ounce,  
Strained opium ten grains. The



the expressed juice of herb robert, (a species of geranium) oil of wax, mucilage of quince seeds, powdered sugar, gum arabic, tragacanth, &c. others, lime water, spirituous and astringent fomentations, &c. In most cases external remedies have succeeded, there are some however which have proved obstinate, and nothing has availed, unless internal medicines have been conjoined to rectify a diseased or faulty state of the constitution.

Many who do not intend to suckle their children, use such means as may repel their milk, or as it is generally expressed, dry it up. The apparent facility with which this is sometimes effected, has led some to suppose that it may easily and safely be accomplished at any time. This will however depend in a great measure on the flow of milk to the breasts and other circumstances. In some the secretion of this fluid is so gradual, that without much difficulty it may be prevented altogether; in others this agency in the animal œconomy is hardly to be restrained, the

Q 3

milk

The nipples may be touched with this mixture three or four times or oftener in the day with a camel hair pencil; afterwards a soft pledget of lint spread with a little honey or Goulard cerate may be applied, care being taken that the part be defended from the friction of the clothes. For this purpose a cup made of silver, ivory, lightwood, &c. perforated in the middle to allow a passage for the milk to flow off, is recommended by the ingenious Mr. Bell, author of the System of Surgery lately published.



milk flows so freely, and increases so much in quantity, that it is not easily discussed; and when this has been done by strong acidulated, astringent, or spirituous applications, bad consequences have ensued from the nature and strength of such <sup>m</sup>pre-  
dicaments. For thereby the breast has been considerably contracted, or less disposed to dilate in future, should milk be again secreted.

The safest method for those who do not intend to give suck, is to begin, before their lying-in or immediately after, such a course of proceeding as may divert the bias of the circulation from the breast, whereby the secretion of milk may be prevented. And that is, to live very sparingly, to make as little use of fluids as may be, to avoid whatever has the least tendency to quicken the circulation of the blood or cause it to flow with increased velocity to the breasts, fomenting the parts with decoctions of discutient plants, \*with a small quantity of rum, brandy or camphorated spirits of wine, or covering them with a camphorated soap plaster. Oil of roses, vinegar and honey is recommended by some; as are also fragments of linen dipped in brandy and applied to the armpits by others. Any mild purgative should occasionally

\* Discutient plants. Wormwood, sage, green camomile, hemlock, southernwood, &c.

sionally be taken, and during labour the cooling treatment strictly observed.

Notwithstanding this, if about the third day after delivery, the breasts become full and uneasy, there will be no occasion to have them drawn, but leave the event entirely to nature, the milk will either be discharged by the nipple, or absorbed and carried off by some of the excretions, and the painful symptoms will soon go off. The patient is cautioned particularly to avoid any exposure to cold.\*

Considerable hazard may be incurred by the use of repellent applications, when the breasts are hard and distended with an increased flow of blood or milk, especially such as cerecloths or stiff plasters which by restraining or confining the breast have increased the inflammation and produced an abscess.

Q 4

When

\* I will grant that drawing the breasts, when they are not in a state of irritation or tending to inflammation, is attended with little or no pain;—but surely, a child will suck as much milk as the mother can afford; and if the child be dead, or not suckled, why keep the milk flowing? No injury will happen if let alone; but from violence and injudicious management, I shudder at the consequences.

*Cruttwell's Advice to Lying-in Women; chiefly respecting the Custom of drawing the Breasts. p. 13.*

When a person is anxious to perform the duty of a mother, but is unable to do it in a manner agreeable to herself from a deficiency of milk, she ought to pursue the following plan: Let her be careful, as far as she may be able, to preserve an uniform composure or serenity of mind upon every occasion, and not lay to heart the incapacity, she is under, of acting the part of a nurse which she would be glad to perform. For mental uneasiness has been in many instances the sole cause of a diminution of milk, and if it continues, will often prevent the secretion entirely. Therefore to divert the attention from every subject that may disturb her peace, and that the end she has in view may be obtained, nothing promises to be so conducive to the attainment of it, as a change of situation, if confined, to one more open, and where moderate exercise can be advantageously taken. A proper diet contributes much to the increase of milk, the most suitable promoters of which, are animal broths and spoon meats, clear and well fermented malt liquors, mild ale, barrel porter, also butter-milk and whey. But she ought never to suffer the strength of her appetite to decline by waiting long for suitable food; this might depress her spirits, impair her health, deprive her milk of a considerable share of

of its nourishing particles, and at length render it not only unfit, but hurtful to the child.

After a perfect recovery from lying in, the cold bath has been of the greatest service by invigorating a weakened relaxed habit. If however, after every mean has been tried, the quantity of milk be not increased, and the food which is given to the child, though it approaches as near as possible in quality to that which nature has provided, should disagree, and her infant be weakly, she is then sufficiently justified in fixing upon a proper substitute who may be qualified to act as an *adopted mother*.

Being endued with natural affection, and consequently interested in the welfare and preservation of her tender offspring, she will take every prudent measure and exert all her attention in making so important a choice, as that of a person who shall have the care of her child, in which its safety and the satisfaction of her own mind are so intimately connected. She will be assiduous in gaining every information respecting the individual on whom she is to rely for the conscientious discharge of this office, and will not be satisfied either with a slight enquiry or a superficial recommendation.

Influenced



Influenced by the most powerful inducement of maternal love, she will spare no pains to be well assured, with respect to the woman who is to have the care of her child, that her private as well as public deportment and conduct be unblameable, that she exhibits in her conjugal relation an attachment to her own children, possesses a mild and affable disposition, and that her partner is industrious in his profession, affectionate to her and studious to provide for the maintenance, as well as to promote the happiness of his family.

Whether or not she is healthy or free from any complaint will naturally be the subject of strict examination. The countenance will in many instances indicate any bodily infirmity, with which the subject of it is afflicted; certain circumstances also may be discovered, and sometimes evident marks will appear, upon an attentive observation, which totally disqualify a person for so momentous an undertaking. There may be likewise some reason, from what may be seen in her, or heard from her, to entertain an opinion from bare probability of the constitutional frame of her mind; yet it cannot be denied, that the real temper and disposition is at certain times so concealed by an outward appearance of complaisance, that a person, who is not well skilled in the art of physiognomy, may be so deceived



deceived, as to be unable to discern the least trace of the predominant character. Sobriety is a qualification so essential in a wet-nurse, that where it is wanting, the infant is often neglected and ruined, instead of being cherished and supported. If addicted to intemperance of any kind, especially that of drinking, or that most detestable practice of swallowing drams, the child must imbibe from her breasts heated and perhaps impure and contaminated juices, or in an unguarded moment may be consigned to an untimely death, by being overlaid. Daily experience exhibits flagrant proofs of neglect in the management of children, numbers of whom fall victims to the most loathsome diseases from this notorious and baneful source.

No plea whatever ought to be admitted for the mischiefs, which the indulgence of an unhappy temper may produce, whether it be hasty, impetuous, indolent or inactive. The declarations of many respectable writers confirm beyond a dispute, that the sucking child suffers considerable injury from the irregular and boisterous passions of its mother or wet nurse, that nothing more readily and sensibly affects the secretions than strong passions, or violent commotions of the mind, and that the milk therefore, being a secretion, must and does suffer in such a manner, as to produce an apparent bad effect

effect upon the child, who takes it so circumstanced. A woman therefore of a mild and good temper is always, if possible, to be preferred, as her milk will be much cooler, more nutritive, than that of another, who is of a warm and irritable disposition, and the former will be more likely to be careful of her helpless charge than the latter. She should be of a cheerful turn, at all times ready with looks of pleasure and a cheerful tone of voice to divert and exhilarate the babe, which early knows its nurse or mother in her smiles. Her frame should be invigorated by a country life and pure air, who, to a well formed and organised body, unites an appearance of inward satisfaction and contentedness of mind, and of that openness of countenance which indicates an exemption from the dominion of vulgar passions and inclinations. She should be such a one as lives upon wholesome food, and follows nature in her plain, simple and salutary paths, and who on this account as well as that of her leading a rural life is more eligible than those who live in great cities, are tempted to allow themselves improper indulgences, and cannot be possessed of the advantages of that fine and wholesome element which she respire.\*

All

\* The principal points to be regarded in the election of nurses are, the sound healthy state of their constitutions, the sufficient quantity of their milk, freedom from any scorbutic or any other infectious taint of their blood; not

All this is said upon a supposition of an absolute necessity of a mothers putting out her child, but were the sex seriously to consider how frequently they may be disappointed in their expectations, when they entrust their tender offspring to the care of strangers,\* this practice would be less frequently adopted than it is in the present day, a practice unwarrantable, unless judged indispensably necessary either from great weakness of habit in the mother, a deficiency of milk, or such complaints as may be aggravated by nursing.

Some decline the maternal office from a notion that it will impair their health† or what is in the  
highest

subject to any hysteric, cholicky, &c. disorders, or violent passions of the mind, nor incident to the alterations that the sex in general are not accustomed to, when nursing.

*Dr. Wilson's Aphorisms, &c.*

To judge of a wet nurse by the appearance of her milk is very fallacious. If her breasts are fully distended with that fluid, the nipples of sufficient length, and she is in every other respect healthy, that circumstance need not to be regarded, for in general, the greater the quantity of milk is, the better will its quality be. The thriving state of the child will be the best proof of the healthiness of the nurse and the goodness of her milk.

\* My dear daughter, reflect on the numerous obligations you bring on yourself by determining to suckle your child: and remember, it is better not to impose on yourself such a duty, than to fulfil it imperfectly.

*Adelaide and Theodore. Letter xxi. from the Baroness d'Almane, to Madame d'Ostalis.*

† Women of an healthy constitution, who suckle their

highest degree inexcusable, that it will interfere with their ease and pleasure; there are in fact but few constitutions with which nursing disagrees, unless it be continued too long, and it is to be feared that many more deny themselves the pleasure arising therefrom, than are exempted from it either by a delicacy of constitution or any particular infirmity; and if such a plea be admissible as valid in some cases, yet nursing in general prevents more diseases in weak constitutions than it exposes them to, and is, if properly managed, more favourable to health, than frequent pregnancy\*

If

own children, have good nipples, and whose milk comes freely, are seldom or ever subject to the milk fever, which is more incident to those who do not give suck and neglect to prevent the secretion in time; or when the milk is secreted, take no measures for emptying their breasts.

*Smellie.*

\* La femme delicate qui allaite elle même son enfant, partage avec les nourrices les avantages, qui sont propres à leur fonction. Elle n'a point à redouter ces ravages terribles que le lait étouffé, cause surtout dans les femmes délicates qui confient à des étrangères le soin à la tourmenter, elle a sous sa main un moyen infailible de se soulager, en se faisant tirer par son enfant. Si sa délicatesse l'expose comme l'autre à un grand nombre d'infirmités pendant sa grossesse, au moins ses grossesses ne sont pas si fréquentes, and elle a le tems de se remettre des fatigues de la première, avant de courir les risques d'une second. Ainsi, au lieu de la voir triste & languissante, comme elle, eût vraisemblablement été, si elle n'eût pas nourri, on la voit gaie, forte, & dans le meilleur état de santé dont puisse jouir une femme délicate.

*Puzo's Traite des Accouchemens. p. 236.*



If pleasure be the object in view, where can it be found in such perfection as in the agreeable employment of giving the tender babe the sustenance which nature has provided for it, a pleasure which none but *mother's* know. When is her mind half so serene or when thrills her bosom with such an innocent and pleasing sensation, as in these silent moments of domestic attention, or those attitudes of undissembled love?† “What painter wandering, with a creative fancy, over all the exhaustless riches of nature, can give us so enchanting and delightful a picture in so elegant a frame?” or what pleasures and amusements of the *beau-monde* can vie with these natural and more refined satisfactions?

An admirable lesson of care and attention may be learned from the brute creation who are guided and directed alone by instinct. How solicitous are they for their tender young, and what risks will they not run to secure them from harm;\* and  
were

† *Strictures on Female Education, &c.*

\* Nothing can be more preposterous than a mother, who thinks it below her to take care of her own child, or who is so ignorant as not to know what is proper to be done for it. If we search nature throughout, we cannot find a parallel to this. Every other creature is the nurse of its own offspring, and they thrive accordingly. Were the brutes to bring up their young by proxy, they would share the same fate with those of the human species.  
*Buchan.*



provide for their wants, until they are able to do it for themselves but,

A longer care man's helpless kind demands;  
That longer care contracts more lasting bands,  
Reflection, Reason still the ties improve,  
At once extend the int'rest and the love.

Pope.

Mrs. Trimmer, who has given her sex the most valuable instruction in her *Oeconomy of Charity* lately published, observes "That if young ladies were to take notice of the almost universal success of poor women who suckle their own children, and of the satisfaction usually attending it, they would be prepossessed in favour of this duty; and would not when mothers themselves, so readily yield, as numbers do, to the apprehension of an impossibility of being successful in the exercise of that delightful office, which seems to have been designed by providence to be the bond of reciprocal affection, the cement of family concord." "Little," says she, "do many young mothers think to what miseries they expose their helpless offspring, by sending them from under the paternal roof to cottages, where they frequently endure all the hardships of a state of poverty: little do they think that they are suppressing some of the most pleasing emotions, that the female heart is susceptible

able of, emotions which amply compensate every fatigue of the infant charge! that they are breaking one of the strongest ties of domestic happiness, by removing from view that dear pledge which was granted to increase conjugal love between them and their husbands, and attach them to their own homes.”

AULUS GELLIUS, a celebrated critic and grammarian, who lived in the time of HADRIAN, and wrote twenty books with the title of *Noctes Atticæ*, says, that whilst present with some friends at a lecture of PHAVORINUS the philosopher, news was brought, that the wife of one of his hearers and followers had just before been brought to bed of a son. Phavorinus immediately upon hearing this piece of intelligence, said, “Let us go and see the lady and congratulate her husband on this joyful occasion,” (for the gentleman was of senatorial rank and of a noble family.) We, who were then in company, went with him and as soon as we entered the house, Phavorinus, after he had expressed the happy sensation he felt on this event, and his undissembled wishes of joy to the father of the family, sat down. And when he enquired, how long the lady had been delivered, and was informed that having been much fatigued with the pains of labour and want of rest, she was then asleep

he determined to stay a little longer and among other things said: "I have no doubt but that she will nurse her child with her own milk." But when the mother of the lady pleaded the necessity of her being exempted from that office, and that the infant must be committed to the care of others who should bring it up, lest to the sharp pangs of childbirth she should have the addition of the heavy and difficult task of nursing; he with some warmth replied: Pray, madam, let her be entirely the mother of her own child and perform her duty compleatly in all its parts. For as nature, if she meets with no obstruction in her operations, produces nothing defective or imperfect, so it would be contrary to her intention and inconsistent with the order which she has established, if a woman, when she has brought forth a child, should suppress the feelings of her own breast so as immediately, *without necessity*, to part with the dear offspring of her own body and to give it up to another, who from a motive of interest and not of affection takes the charge of it. What an incongruity would it be, if, after having nourished in her womb with her own blood what she was an utter stranger to and could not see, when she sees it in the perfect form of a *human being*, the production of her own body, endued with life and

imploring

imploing the kind offices of a mother, she should with-hold from it the nourishment of her own milk.

Dr. Cadogan in his *Essay upon nursing and the management of Children*, thinks that the business of suckling is troublesome only for want of proper method, that were it rightly managed, there would be much pleasure in it, that the breasts of women would lose nothing of their beauty by feeding their own offspring,\* that every mother, for her own sake as well as her child's, should suckle it, that this, if she be healthy, will confirm her health, and if weakly, will in most cases, restore her.

I shall conclude this subject in the animated and pathetic language of Dr. Downman,

O MOTHER (let me by that tenderest name  
Conjure thee) still pursue the task begun ;  
Nor, unless urg'd by strong necessity,  
Some fated, some peculiar circumstance,  
By which thy health may suffer, or thy child  
Suck in disease, or that the genial food

R 2

Too

\* Every Egyptian mother suckles the child she has brought into the world. The first smile of that tender creature, and an easy childbed, repay her for the pains and cares imposed upon her by this duty.—The overflowings of the milk, therefore, and other disorders, which drain the sources of life of the young spouse unobservant of this law, are not known among them.

*Savary's Letters on Egypt.*

Too scanty flows, give to an alien's care  
Thy orphan'd babe —————

\* \* \* \* \*

————— Oh ! hail  
Ye real mothers ! ye whose hearts are full  
Of sensibility ! Who highly pleased,  
Would not, for all the gewgaws Pride can boast,  
Loosen the magic knot, which joins in one  
Your babes and you ; or see a Hireling share  
The love, which to a Mother sole belongs.



## S E C T. XXI.

*Recovery from lying-in—by what accidents retarded—  
how completely and speedily effected—conclusion.*

THE interval between the period of delivery and that of perfect recovery is of shorter or longer duration in proportion to the progressive state of the patients amendment. Provided the labour has been natural, its progress uninterrupted, the after treatment judicious and the constitution healthy, the termination of lying-in proves generally speedy and favourable. This happy event is frequently protracted by the intervention of some accidental complaint, a great weakness of habit, or an improper mode of conduct:

In consequence of which, inflammatory affections, such as swellings and abscesses\* in different parts of the body, particularly in the lower extremities,

R 3

\* Abscesses after lying-in, if neglected, especially in weak habits, sometimes produce hectic fever and consumptions.

tremities, also a relaxation and prolapsus† uteri, &c. which sometimes succeed difficult and preternatural labours, or those which happen in advanced life. The removal of these complaints is the business of a skilful surgeon, to whom early application should be made, especially in that last mentioned, which by neglect subjects the patient to a painful and miserable state. Its being common among the lower class of women, may generally be imputed to frequent and laborious parturitions, to their having ignorant managers about them in time of labour, and sometimes to their own imprudence in quitting their beds too soon, before the parts weakened and relaxed by labour have sufficiently recovered their former tone. From its not being attended with immediate hazard it has been frequently disregarded, until the patient becomes sensible of the inconveniences it produces, such as a dragging sense of weight, sometimes with considerable pain, interruption of the usual freedom in walking, excoriation, fluor albus, &c. and at length an incapacity of following their humble occupations, whereby themselves and families are often brought into great distress.

This indisposition may easily be removed when recent, by moderate rest and confinement, and

R 3

after

† A bearing down of the womb.

after the part is reduced, it may be prevented from again propending by the use of astringent lotions and other bracing applications. But where it has been of long standing, these means cannot alone be relied on, and the relaxed or prolapsed part requires to be retained and supported in its proper situation by a suitable instrument\* which may be introduced by the patient herself, and during its use, restringents external and internal will assist its restoration to the natural size and position.

The patient is sometimes affected so late as the second, third, or fourth week after delivery with a painful enlargement in one or both of her lower limbs; which assume a smooth, colourless and shining appearance. The first uneasy sensation is generally felt in the groin, and extends from thence downwards to the foot, which she cannot place to the ground without pain. Hard tumors arise in the course of the lymphatics,† the tension

R 4 of

\* The globe pessary recommended by Dr. Denman, supports the parts better than any other, is introduced with more ease and convenience, and makes an uniform pressure against them, and is particularly adapted to those whose complaint has been inveterate, and who are obliged to labour hard for their maintenance. It has been worn many years without any trouble, or return of the disorder.

† *Lymphatics*. A species of absorbent vessels, containing a limpid fluid; they are divided into the *deep-seated*, or those which accompany the large blood vessels particularly of the extremities, and the *cutaneous*, which lie more super-

of the limb often continues for a considerable time, at length goes off and the patient experiences no greater inconvenience than a weakness and slight degree of stiffness in the part. In general this affection is merely topical, but cases have occurred, one particularly in my own practice, wherein it was accompanied with a very considerable degree of fever, and pain. In order to remove this disorder the limb should be kept up, and anointed every night with some camphorated æthereal liniment, and the cure may be facilitated by the warm bath, mild laxative and sudorific medicines. After the swelling is abated, its site may be dashed with cold water, or this may be poured\* along the course of the limb, and to support and strengthen it a roller of Welch flannel or calico may be applied in such a manner, that a due pressure be made equally on the parts affected; this bandage possesses advantages that no linen one can have, being  
lighter,

ficially in the cellular texture under the skin. The cutaneous plexus which lie in the inside of the thigh communicate with those in the groin. So that when the fluid which passes through them is obstructed in its course, either by mechanical pressure or any other cause, the glands thro' which they pass swell and grow hard, and sometimes inflame and suppurate. The lymphatic system is a very important one, has engaged the attention of the most celebrated anatomists of the age, and has led to many important discoveries in surgery and medicine.

\* White.

lighter, warmer and elastic, by which a free circulation of blood and lymph is promoted, and the pain in a great measure obviated which arises from the exertion of the muscles in walking. The stiffness about the ancles, ham's, &c. generally yields to gentle frictions, and pouring warm water where the contraction is felt.

Some women of a corpulent make are subject; from the great distension of the womb, to a protrusion of the navel\* or great tenderness in or about this part after lying in. A simple protuberance may be easily reduced by a moderate degree of pressure, by means of a compress made of round pieces of soft leather, each being cut less than the former and placed one upon another, until they gradually appear of a conical form and approach to the size of the navel which is intended thereby to be brought into and kept in its natural state. After they are tacked together in the middle, the edge of the outer piece is to be spread with a little adhesive plaster, that it may not slip from the part; and in order effectually to prevent this, a broad calico bandage will be necessary to surround the body

two

\* The umbilical hernia is always aggravated by pregnancy: women therefore in that state ought to be particularly attentive to the smallest appearance of every swelling of this nature.

*Bell.*



two or three times. If the part is sore or inflamed, after washing it with a tepid saturnine lotion, a little dressing of Goulard's cerate may be applied, and it is indispensably necessary in this and the former case, that the patient should avoid costiveness and any considerable exertion, particularly that which brings the trunk of the body into the bent state. The patient's recovery is now and then retarded by an excess or redundancy of the necessary evacuation called the lochia. This will sometimes appear to change its colour,\* and seem to be going off, but upon some irregularity or sudden commotion of body or mind, it recurs afresh with so much violence, and that three weeks or more after delivery, as to be very alarming. A case occurred to me about five years ago, where a fatal puerperal flooding was occasioned by violently and repeatedly drawing the breasts.† Too early an exertion whether mental or corporal ought therefore

\* Ses Vuidanges commencent le deuxième & le troisième jour à estre plus pâles & moins teintes, & qu' en suite de cela leur couleur sanglante diminuë toujours, à proportion que les vaisseaux se referment, jusques à ce qu'elles sortent comme blanches.—(Anglican: voc: Green waters.)

† This unfortunate subject was a poor woman of a lax and delicate habit, much exhausted by a long tedious labour and a violent uterine hæmorrhage which succeeded it. On the third day after her delivery, her breasts were found to contain some milk, but the operation of drawing them brought on the discharge, which before was restrained. For this reason, and her child being dead, the breasts were ordered to be let alone and the cooling regimen strictly ob-

therefore carefully to be avoided, since very serious consequences are apt to arise from apparently trivial causes.

Pain and soreness in the lower part of the back, after hard labours, may be greatly relieved by sitting over the steam of warm water, and wearing a soap plaster prepared with oil of amber over the affected region.

Women of weak constitutions in general recover more slowly from lying-in than the strong and vigorous; this delicacy of frame should induce them to be very careful in observing a proper regimen, and not too soon to return to their usual manner of living, for by a sudden transition from the use of food suited to a weak stomach, to that which requires strength of digestion their nervous irritability may be increased and from a plethoric state of habit fever may be brought on, and in consequence of a relapse, the loss of bloom, health and strength. Bodily weakness and depression of mind are oftener the result of labour in the summer

served. In consequence of this and other directions, that were given, not being complied with, she fainted away after her breast was drawn, and the operation being repeated, she soon after sunk under a profuse discharge. Had, in this case, the suction been omitted, and instead of the heating plan an opposite one pursued, the patient might in all human probability have been saved to the community.

mer than the winter season, when night sweats, relaxation and febrile heats are more general. A cooling treatment is best adapted to the convalescent state of those who lie in, during the warm months, or of them who have had fevers, bad breasts, &c. They should abstain from animal food, unless of the mildest and lightest kind, and substitute a vegetable or milk diet, a moderate use of ripe fruits and small diluting drinks.

Whenever the vital powers have been weakened by profuse evacuations or discharges either before, at the time of, or subsequent to labour, great circumspection becomes necessary in regulating the dietetic course, for too low a regimen may weaken the patient still more, and too high a one occasion fever. In most cases any particular directions are unnecessary, provided the general rules are adhered to, and the patient recovers sooner by following her own choice and being indulged in such food and drink as is most grateful to her inclination in that respect than by being under any restraint. Her weak situation requires rest of body, therefore sleep may be allowed for an hour or two during the day; and as her strength increases, suitable exercise at proper and seasonable times without doors is very conducive to her recovery, as recreative motion of the body within doors may be, should the weather prove unfavourable. Every day

day she may venture gradually into the fresh air, which will not only give strength and spirits, but renovate that wonted glow of health which she before possessed. A perfect recovery will, or ought to produce such sentiments, in her breast, of gratitude to the supreme disposer of all events, as one of our English Poets thus expressed when restored from a fit of sickness to the enjoyment of health:

---

“ What returns  
Of thanks are due to thy beneficence  
Freely vouchsaf'd?  
When to the gates of death  
I tended prone, if thy indulgent care  
Had not preven'd——  
May in my mind  
Indelible a grateful sense remain  
Of favours undeserved!

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Thus therefore, to promote the benefit of his country, in conjunction with others, who have published their sentiments with the same intention, the author has endeavoured to delineate some outlines of a plan of conduct with regard to the female sex, in addition to the common stock of information.

The preceding essay, though from its defects in point of composition or with respect to the arrangement

arrangement of its parts, may deserve the censure of the JUDICIOUS CRITIC, yet notwithstanding these or any other faults which have escaped the writer's notice, its interesting contents are, it is presumed, not unworthy of the close attention and serious consideration of all whom it concerns.

For however the execution may have succeeded, the subject, of which it treats, is of the utmost importance, considered as intimately connected either with the welfare and prosperity of society at large or with the Preservation and Health of that respectable class of our species in particular, to whom this treatise is addressed.

And if, upon application in the perusal of it, they shall be convinced of the dangers, to which by inattention they may be exposed through the several stages of life, he trusts their circumspection will be awakened as well as their diligence excited, to use such means as are best calculated, either to prevent injury or to remove it when received. And it will be matter of no small satisfaction; not only to him, but to all intelligent persons, who have the cause of humanity at heart, if they, who, among the sex, in the management of themselves or that of others, have been attached  
to



to erroneous opinions and conformed to customs held sacred by the lapse of time, may be undeceived and avoid those dangerous shoals, upon which many a promising constitution has been lost. He hopes also in the present age of civilization and enquiry, when the avenues to improvement are thrown open and the endearing exercises of benevolence formed and carried on, not only for supplying the wants and restoring the health of the disordered poor in general, but of those among the lower ranks of females in particular; and when the FACULTY from the same principle of generous compassion contribute their medical assistance for the furtherance of this laudable design, and from the experience they have acquired of the proper treatment of patients communicate the instructions necessary as well for the conduct of those whom they visit, as for that of others who constantly attend them; an expectation may be reasonably indulged, that errors, which have been long established both in judgment and practice, will be corrected, all fanciful if not hurtful usages laid aside, and every salutary direction so carefully observed, that individuals, for whose sake they are given, may enjoy the good effects, and the whole community with which they are connected may partake of the HAPPY CONSEQUENCES.

1997

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A P P E N D I X.

CONTAINING SOME

D I R E C T I O N S

FOR THE

M A N A G E M E N T

O F

C H I L D R E N,

I N T H E

*FIRST PART OF LIFE.*

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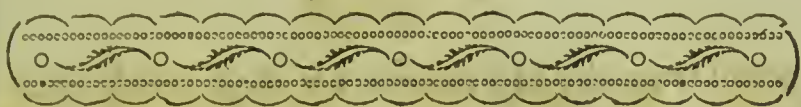
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## A P P E N D I X, &c.

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————— Subjects such as these  
Oft have the fages old of *Greece* or *Rome*  
In studious mood employed ; full well they knew  
That from the birth those Heroes must be form'd,  
Whom *Athens* might with future joy admire  
Or hardy *Sparta* : —————

*Downman.*

THE preservation of the sex in the situations already specified and that of their tender offspring are subjects so essentially connected, that to the advice given respecting the former, some useful hints may with propriety be subjoined relative to the latter.

To relieve or alleviate the distresses incident to the condition of infants, and to rescue them, if possible, from the dangers to which they are exposed



posed from the first moments of their visible existence, when struggling into life, some of the most judicious writers in the medical line have employed their pens. Pursuant to this humane intention they have urged the necessity of disusing certain customs, and of giving up some ancient prejudices by the most rational as well as pathetic arguments.

However as some of their excellent treatises have been too expensive for common readers, and calculated more for the use of practitioners in the obstetric art, than the instruction of those, who are immediately concerned in the care of infants, the author flatters himself that he may, without presuming upon his own abilities, or attempting to lessen the reputation of others, submit a few observations on the management of these innocents, whose feeble state calls for every assistance, and cannot but move the heart which is not obdurate against all compassion.

If states with a political view in all ages have expressed a zealous concern for the rising generation; and if from natural affection, when not suppressed by the worst motives of human depravity, fathers in general have upon all occasions shewn  
the

the greatest regard for their children, what must the feelings of mothers, who are susceptible of the most tender passions, be in their favour? Every one of these, who does not repress the sensibility of her own heart, must be anxious for the preservation of the fruit of her womb; and especially after labour surely nothing can so much engage her solicitous attention next to her own recovery, as the safety of her new-born infant.\* And she is the more interested in its behalf, the more she considers the danger, to which its very existence is liable, and the great number of such helpless beings, who having just embarked upon the tempestuous ocean of life are lost, through the unskilfulness of their pilots, soon after their little barks have got under way.

The accounts given by authors of the great fatality of children must affect all those who have the interests of humanity or that of their country at heart, but though it be matter of painful sur-

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prise

\* When easy and salutary rules are enforced to obtain this desirable purpose, it is much to be hoped, that they will supersede those, which ignorance has invented, and custom established, as they will be found by experience to promote the health and happiness of infants.

*Mantell's Short Directions, &c. p. 21.*

prise to every one who can sympathise with sufferers in the infant state, yet would they cease to wonder, if they knew the improper treatment which too many of them undergo, and be convinced, that their afflictions, which too often terminate in dissolution, are not so unavoidable as is generally imagined.

If instead of their being intrusted to the care of persons unskilled in the diseases they are subject to, judicious practitioners were consulted upon the commencement of their complaints, the fatality so much complained of would be less general than it is found to have been. The assertion made by a late writer, "that the number of infants who have died in the metropolis according to the bills of mortality, for the last ten years, under the age of two, has been less, by upwards of sixteen hundred annually, than it used to be for many years before," is a very pleasing one. And the preservation of lives perhaps above this computation, may be attributed to the opportunities, which frequently occur in that great city of easily obtaining medical advice. For there many of the faculty have made the treatment of lying-in women, and of children whilst in early infancy, the particular subjects of their study, and researches in medicine have been as diligently prosecuted

profecuted and as many useful discoveries made and communicated, as in any other place whatever.

Fewer women die now in child-bed than heretofore, (when midwifery was for the most part, except in difficult cases, confined to their own sex) and the decrease of mortality has been remarkable among those in that state since 1742, because the method of properly treating these worthy and most useful members of society, to whom every exertion of skill and tendernefs is justly due, has been of late much better understood than formerly. They are not in the present age reduced to the lowest ebb of life so often, as they have been in times past, by hot rooms and heating liquors; and notwithstanding the illiberal reflections thrown out and the absurd objections made against the employment of *men-midwives*, they have saved many thousands both of infants and mothers, not only by their superior skill in treating their diseases, but by inculcating a more safe and rational management of their persons.

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The birth of an infant is attended with one of the most important, and perhaps wonderful changes in the whole phænomena of nature, and therefore demands the greatest tendernefs and attention. Its



existence then becomes confined to itself, that is, as in the womb it was as one body with the mother, so as soon as born, it becomes a perfectly distinct being and breathes for itself, and from a state of equal warmth it passes into an atmosphere varying in degrees of heat and cold. This sudden transition produces very powerful effects upon its tender organs, as well externally as internally. Those particularly of respiration, which before birth were totally inactive, now become dilated, and a new operation called breathing begins. An operation which evidently appears to be laborious, difficult, and painful, from the great exertions of the heart and lungs, and the crying of the child.

In some cases the infant is to all appearance dead, or the efforts in breathing are so feeble as scarcely to be perceived, and the pulsation in the umbilical cord\* is hardly to be observed. This is a state which requires unremitting attention, by which many might no doubt have been perfectly restored, whom heedless hands have in many instances left to chance and pronounced to be without life. But this declaration has been founded only upon a transient view, when in reality, the vital principle has often existed under the fallacious appearance of dissolution.

It

\* Navel string.



It is now well known that the vital power is not of so volatile and fugitive a nature, as to become extinct on the immediate suspension of the action of the heart and lungs.† On the contrary, after it seems to have deserted the external parts, a remnant still tenaciously maintains its residence in the principal vital organs a considerable time after motion and sensation have ceased, and perhaps never totally forsakes them while they retain the smallest degree of heat.

Therefore to fan into existence the small spark of life which seems just expiring or totally extinguished, such means should without a moment's hesitation be put in practice as may promote this intention. The first thing to be done is to excite the action of breathing by putting the lungs into motion and using gentle compression upon the chest, so as to imitate the alternate actions of inspiration and expiration. From the earlier reports of the HUMANE SOCIETY it appears, that still-born infants have been restored, when apparently dead, merely by inflating the lungs. If so simple a remedy has been found to answer, is it not astonishing that this, and other approved methods are so generally neglected, especially since their  
success

† Dr. A. Fothergill's Hints on Animation in two Letters to Dr. Hawes.

success has been again and again demonstrated by a variety of happy restorations, in this and all the subsequent stages of human life. Till within these few years, not only children, but grown persons, when apparently dead from drowning or other accidents, were equally deserted as past all hopes of recovery. But no sooner were suitable efforts for restoring animation exerted, than its practicability was demonstrated and general success has marked its progress in this, and neighbouring countries. Does not this afford sufficient encouragement for attempting the recovery of still-born children? The chance of success in such tender frames, must certainly be more precarious than in adult persons, but the general plan of treatment is applicable to both, and it is scarcely necessary to remark, that the stimulus\* in the first stage of infancy must be proportioned to the delicacy of the organs and the exquisite irritability which they possess at that early period.

Skill and dexterity are not only necessary, but a particular and suitable apparatus† is required to inflate

\* What excites a quick sensation.

† As great stress is justly laid on inflating the lungs with air and an instrument for this purpose cannot be used by every one, the breath of another person in health must be substituted for it, though as Dr. Fothergill judiciously observes, "air contaminated by being thus already breathed, cannot afford a proper medium for restoring respiration, dephlogisticated air, being the only vivifying principle of

inflate the respiratory organs, which few are in possession of, and the female practitioner cannot be supposed capable of managing properly. Therefore the following process being less complicated, though not equally successful, should in cases of emergency be used, and which it may be in the power of every one who is employed in the practice of midwifry to perform.

When an infant appears to be still-born, and there are no evident marks of absolute death or putrefaction to render attempts to resuscitation futile or unnecessary, and no pulsation can be felt in the navel string, the child should immediately be separated from its mother by a division of the  
 umbilical

animal life, as well as of flame, is undoubtedly best adapted to this purpose." Here however, an attempt, should be made, though a less hopeful one, to "fan the unextinguished spark, or to put into motion that pendulum, whose vibration was obstructed, but not destroyed," by inserting a hollow quill, or silver blow pipe, &c. into one of the nostrils, keeping the opposite one closed as well as the mouth, and pressing gently back the windpipe (which lies in the middle and most projecting part of the neck) against the gullet to prevent any escape of air into the stomach. The operator then applies his mouth, after washing it out with a little wine or spirit, to the tube in the nostrils and forces the air into the child's lungs; immediately upon these organs being filled, the air is to be expelled by moderate pressure on the chest and belly, and alternately inflating and depressing the lungs, so as to imitate natural respiration. A clyster of warm wine and water, or candle, with a little common salt, may be injected, to assist the other means. The warm bath ought never to be omitted.

umbilical cord, and put into a vessel of water\* (which possesses a proper degree of heat) up to its breast, its head being carefully defended from cold by a warm flannel cap. The warmth of this bath aided by gentle friction has sometimes excited the latent principle of life, the circulation has thereby been invited to the exterior surface of the body and the skin from being pale has become florid, the navel string which before had little or no pulsation has begun to bleed, and the child to gasp and moan.

The hopeful gleam which now appears ought carefully to be cherished, and the returning circulation quickened by volatile salts, concentrated vinegar applied to the nostrils, whilst a trial is made to raise a sensation by tickling the soles of the feet. When the child has cried and breathes freely, the cord may be tied, the infant wrapped up in a warm receiver and given to a careful assistant not unused to this business who placing herself in a low chair before the fire, should tenderly chafe the body with warm flannel from head to foot, especially the breast, and if there is any interruption to the freedom in breathing, a little sal volatile may

\* Warm water, flannels, volatiles, pipe and bladder, &c. ought always to be had in readiness during every labour, particularly those which are tedious or difficult.



may be applied to that part, or if it be owing to phlegm, &c. that may be dislodged and carried down by a little warm water or thin gruel sweetened with clarified honey ; but nothing viscid or glutinous, such as sugar and butter or oils should be given. By the above simple method of recalling native heat I have recovered many within the compass of my practice, who were born to all appearance totally destitute of life, but are now in a thriving and healthy state. I cannot dismiss this subject without offering a remark well deserving the attention of those who are solicitous for the preservation of their offspring, and may also serve as a caution to those who being totally unacquainted with the important changes which take place within the body of the infant at its birth, are apt to precipitate the delivery, by their ill-judged officiousness. The circumstance alluded to, is the tying and dividing the navel string the *moment* the child is born without waiting until the great changes of circulation and respiration take place, or until the child's crying proves that the lungs are fully expanded with air. This fatal step gives the *coup de grace* to the new born infant and completes the tragical scene. Here the scissars of the operator, like the fatal shears of *Atropos*, in an instant cut the thread of life without leaving the pitiable victim a chance of breathing ! During the  
time



time of gestation. the fœtus enjoys only a vegetative life, deriving its nourishment from the placenta, like a plant from the soil to which it adheres or in which it grows, nor can it be said to partake of animal life till it has respired, and the blood has found a new passage through the pulmonary vessels.\* The circulation of this fluid and respiration are attended with no small difficulty in the new-born infant, especially when the vital powers are at a very low ebb. During this struggle, the umbilical cord is the medium by which its existence can be prolonged till the animal life be at length by slow degrees established.†

The circulation in the cord should therefore cease before this operation is performed, a delay but of short duration and absolutely necessary for the safety of the child, whose principal organs may be injured and the foundation laid for pulmonary complaints, convulsions, &c. in consequence of this check upon nature.

IN

\* Is it possible that this wonderful alteration should be brought about in one instant of time, and at the will of a by-stander? Let us but leave the affair to nature, and watch her operations, and it will soon appear that she stands not in need of our feeble assistance; but will do the business herself, at a proper time and in a better manner.

*White, on Natural Births, &c.*

† Dr. A. Fothergill

In *washing* and *dressing* the child, quickness and dispatch are indispensably requisite to prevent the impression of cold air. The composition used for cleansing it is well known; warm wine and water with a little almond soap dissolved in it perhaps more effectually answers the purpose than any other in use. For the first few days, especially if the child is weakly, warm water is necessary, after which time the gradual use of cold water is very conducive to health by invigorating the powers of the infant constitution, unless some complaint forbids the practice, such as a difficulty in breathing, cough, &c. which often may be attributed to a cold taken soon after its birth. In some countries, indeed, children are early accustomed to the chilling stream, and immersed therein\* even directly after they are born. In our climate, however the idea may be admitted of bringing up children hardy

\* ——— there are, who from his birth  
Plunge th' infant stranger in the gelid wave,  
Where unappall'd the mother too enjoys  
The bath's refreshing coolness——  
——— We shall not recommend  
To thee, more delicate in form and mind,  
*Daughter of Britain*, these examples, drawn  
From savage nations, and from tribes remote.

*Infancy, a Didactic Poem, p. 79.*

The women of Chaco in South America, those of Guiana and the inhabitants of the frontiers of Virginia bathe themselves and children immediately after delivery, and the Laplanders as soon as a child is born wash it all over with snow and cold water, except the head which is never touched with water till after the infant has been baptized.

hardy, such a transition from a pleasing sensation of natural gentle heat to that of the sudden shiver of intense coldness would be extremely hazardous. It should never be attempted until a child has acquired a sufficient degree of strength. The foundation of a good constitution depends on the care taken of an infant from its birth, by giving it so much adventitious warmth as it may stand in need of, and gradually lessening the degree thereof to a proper standard, until the system is able to generate or supply it with more of that living principle, as it increases in growth. The clothing of young children therefore is with propriety adapted to the differences of seasons and climates; in warm regions, it is light and cool, in cold ones proper means are used to create and preserve warmth, by wrapping up their tender frames in suitable coverings, or suspending them in little beds of cotton, wool or fur. Not only *warmth* is highly agreeable to them, but *cleanliness* and a *freedom* in dress. A child is most pleased when not burthened or restrained by any incumbrance or oppression of clothing, and, if in health, when exposed before the fire, extends its little limbs and discovers a particular satisfaction,\* especially if the first exercise proper for its delicate

\* " Released from durance, utters sounds of joy,  
Stretches his arms well-pleased, and smiles, and casts  
His looks delighted on the cheerful blaze,  
Or waving taper." —————

licate system be applied, viz. gentle friction with flannel, or stroaking the limbs with a warm hand.

Nothing could have been more preposterous than the practice formerly used, which now seems only confined to the lower classes of people, of swathing children and binding their limbs so tightly as to leave no room for the least extension and but little possibility of breathing. A restraint so unnatural is not only painful but hazardous and has never been countenanced or adopted among savage nations, in whose children scarce any deformity is ever seen and whose example in this respect is worthy of imitation.

There are too many among the inferior class of females, who, notwithstanding the improvements made by modern authors in the science of medicine and the treatment of patients, from reading the books of some antient writers\* upon the subject of diseases and their cures, have been so prepossessed in favour of their doctrines, though now generally exploded, that they implicitly adhere to

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their

\* Those midwives and nurses who have had no previous instructions, if they can read at all, generally peruse some of the works of the lowest rank of writers, such as Aristotle's Midwifery, Culpepper's Directory for Midwives, the Woman's Counsellor, the Ladies Friend, &c. &c. and hence it is, that errors are perpetuated by practitioners of this sort.



their maxims, and by such authorities regulate their proceeding, as in other cases, so particularly in those of lying-in women and new-born children.

Most of those writers have inculcated the necessity of swathing those tender babes very tight, and among the rest *Mauriceau*, who wrote systematically and whose works contain some useful information in other respects, strongly recommends the bandaging of infants.

The hazard resulting from an attachment to so injurious a custom is by no means so inconsiderable as may be supposed, but becomes more or less so according to the important uses intended by the creator of the organs so restrained.

If the head for instance, be compressed by binders, &c. the tender brain may suffer, convulsions may be the consequence or a disease called the hydrocephalus or watery head, if it has not ultimately the effect of weakening the mental faculties, and subjecting the sufferer to nervous disorders and other morbid affections. A flannel cap from its warmth, is of itself sufficient for the first few days, and for some time after a piece of that soft substance large enough to extend a little beyond the  
mould



mould or opening of the head as it is commonly called,\* may be worn under a cooler and thinner covering. It is urged by some that binding the head is necessary, when it is enlarged, swelled or misshapen; in general however the intumescence and irregularity will subside in a few days, without any bandage, by fomenting the part with some gently astringent embrocation, as oil of almonds and spirits of rosemary, or a little warm French brandy, or Mindererus' spirit.

With respect to the breast, it may appear plain from what has been said page 97, that it cannot bear any degree of pressure without injury, and particularly when it is considered that the ribs are the only bones in the body whose motion begins with birth and only ends with the dissolution of the animal frame. Whatever therefore interrupts this motion must obstruct breathing, and the free circulation of the blood particularly through the heart and lungs and prevent the nutrition and consequently the growth of the body. It is not im-

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probable

\* This is not to be taken in a literal sense, it implies nothing more than that part of the scalp which feels soft, the brain there having no hard integument for its defence, in consequence of the bones not being completely ossified and united to each other. But in proportion as this opening is more or less considerable, a child is commonly pronounced weakly, or otherwise.

probable that asthma, and that deplorable disorder the hooping cough have arisen from restraining the liberty of the chest, as well as vomitings, ruptures, and consumptions. I do not approve of the general practice of applying the hand upon the breast to support the child whilst in the mothers or nurses arms, it must confine in a great measure the motion of the ribs and intercostal\* muscles; a safer method would be to let very young children, whose bones are very pliable, to recline in the nurses arms with their head properly raised, or applying the hand lower down upon the belly, which being destitute of this moveable and boney defence will bear moderate compression either from the hand or a bandage, not only without inconvenience but derive support and strength from the latter, if it be properly and uniformly applied. A flannel roller about the body and upon the navel is of use in assisting the digestive faculties, preventing too great a fulness and distention of the belly, and a protusion of the navel which often proves very painful to the child and troublesome to the mother or nurse who has the care of it. For this ailment the compress recommended page 249, will be of great service,

\* These muscles are fixed to the ribs above and below, and are external and internal, both differing in respect to the arrangement of their fibres; their use is to elevate the chest in respiration.

service, if it be confined to the part by a proper bandage. This complaint is common to weakly children, especially those who cry much, and is sometimes owing to the umbilical cord's having been separated too soon from the body, whereby the part from which it has been disjoined, is weakened if not inflamed and ulcerated, or a dangerous bleeding may be the consequence. To heal the soreness occasioned even by a seasonable excision, nothing harsh or irritating should be applied; it will be sufficient for this purpose to wash the part with brandy and water, or simple lime water and honey of roses, and afterwards to dress it with a little Goulard cerate, spread upon a singed piece of linen.

Children have also undergone another sort of improper treatment (besides that of confining their limbs by rollers, &c.) which cannot be too much disapproved, and that is, the custom of using some degree of force in compressing their little breasts,\* when a milky fluid is perceived to flow from the

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nipples,

\* Dr. Hamilton says, "The unnatural, though common method of squeezing the delicate breasts of a new-born babe, by the rough hand of the nurse or midwife, ought in no instance to be practised. Inflammation, suppuration, abscess, and their consequences, often ensue; and besides the hazard of disagreeable marks in the bosom of girls, and when grown women, by that means may be prevented in future from ever being able to give suck.

nipples, accompanied with swelling or fulness in these parts. The most gentle means should rather be used to abate the tension, by fomenting the breasts with a little warm milk and water, and afterwards covering them with a small colewort leaf, or of that of a marsh-mallow prepared in the manner directed page 227, or by laying upon them a plaster of simple diachylon or soap cerate spread on a piece of thin soft leather, which in most cases will cause the swelling to subside in a short time. If matter should be formed, a soft linseed poultice, or one of flour, honey and milk, with a small proportion of oil will be a proper application.

Too much cannot be urged in favour of *cleanliness* and *purity of air*; an attention to those particulars, according to the present improved mode of nursing, evinces the salutary tendency of what has been written by modern authors on the management of infants, and confutes the vulgar and absurd notion of those, who pay no regard to decency from a persuasion that children thrive better in dirt and foul linen than by being kept clean and frequently changed, an opinion now retained only by the indolent and conceited. The washing\* children daily, all over with cold water, and

\* To wash, or dip regularly in cold water in infancy, is



and afterwards drying them carefully, enlivens their spirits and not only preserves their tender bodies from easily taking cold, by bracing their solids, but prevents the skin in particular places from being chafed and excoriated, where one part is in contact with another, and on that account liable to extraordinary heat and friction. By the neglect of means so useful and refreshing, a simple fretting of the skin has quickly become ulcerated, and parts, that were before near each other, have adhered and grown together, all which could not have happened had such directions as are above given been attended to. But when infants suffer thus through carelessness, after the discreet use of cold water and as soon as the parts are well dried, the application of fine powder of starch and lapis calaminaris sprinkled by a soft puff, or of fuller's earth dissolved in warm water, is very efficacious and much safer than that of the compound powder of ceruse, or any other preparation of this deleterious metal,

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which

highly proper. It checks redundant growth, strengthens the soft fibres, and confirms the stamina.

*Harper's Oeconomy of Health.* p. 27.

To young people and particularly to children, cold bathing is of the last importance. Their lax fibres render its tonic powers peculiarly proper. It promotes their growth, increases their strength, and prevents a variety of diseases incident to childhood.

*Buchan, on Cold Bathing,*



which there is great reason to apprehend has produced violent pains in the stomach and bowels, palsy and even convulsions, in consequence of some particles thereof, having been absorbed by those lymphatic vessels which are every where dispersed on the delicate and sensible cuticular surface of the body,

Bearing some resemblance to the complaints before mentioned is an *inflammation and excoriation of the eyelids*, which are sometimes glued together by a purulent discharge. This complaint should always be attended to from its first appearance, since it is very apt from neglect to extend to the eye itself, the structure of which in infants is peculiarly delicate. It often proceeds from cold taken at the birth, by not covering the body sufficiently or exposing the head to chilness; though sometimes unhappily from an infectious taint, in which last case, the eyelids have a livid appearance and reddish tinge, and is soon followed by blotches, chaps, discolouration of the skin and ulcerations in different parts of the body, generally terminating fatally without medical assistance. In recent cases, bathing the eyes frequently with a soft piece of sponge moistened with a weak vitriolic solution, No. 1. covering them loosely from the glaring light and cold air,  
and

and at night smearing their lids with a camel hair pencil, dipped in the saturnine ointment, No. 2. will generally be sufficient. In such as prove more obstinate, the legs should be bathed in warm water every night, and then wrapped up in flannels, or a blister may be raised behind the ears. Dr. Armstrong recommends the vervain water as a good collyrium in scrophulous affections.

Another disease very prevalent among the children of the poor, which in a great measure is owing to want of cleanliness, and to food improper both in quantity and quality is the *tinea capitis*, vulgarly termed the scalled head. It does not always affect very young children, perhaps from their having but little hair, so that the degree of heat, which may be accumulated on the head more readily passes off, or because that part is not so much neglected in infancy as at a more advanced age. This eruption sometimes appears a few weeks after the birth and proves the source of much uneasiness, especially if those who give them suck live too freely and use but little exercise. When it is first seen in the form of scurf, it may be removed without much trouble, by frequently washing and cautiously combing the head; but from inattention, an ulceration takes place under the incrustations, from whence oozes an acrid discharge

charge, the scurf thickens by the addition of matter, &c. and forms patches in different places of a very uncouth appearance. The disease at length extends over the whole head and even the face, occasions sore eyes, a discharge from the nose and behind the ears, hard glandular swellings in the neck, and from the absorption of offensive matter proceed purgings, hectic fever and other complaints. In very young children a tepid decoction of yarrow flowers boiled in milk and water may be used by moistening soft fragments of linen therewith, and laying the same over the head; it softens the scaly parts so that they may be easily separated, and after a few applications and small doses of some alterative medicine, the complaint will be entirely removed.

As the cure of so loathsome, and often very obstinate a malady may be considered as an acquisition of no little consequence, I shall here concisely advert to the mode of treatment proper to be pursued in inveterate cases and at a more advanced stage of life than that of infancy, in the course of which I shall mention the success which has attended the use of a newly-discovered mineral water.

The first obvious step to be taken by way of preparation is to remove every thing that can harbour any foulness, &c. and to make a clean surface for the application of proper remedies. The hair should be taken off as well as the incrustations over the fores; for this last purpose, cabbage leaves have been recommended as a proper dressing, and anointing the parts with burnt butter. The former are by many objected to, as they soon become offensive by the heat of the part; those of mangel wurzell, or a soft carrot poultice with yeast are preferable, which should be removed and repeated once or twice a day after bathing the head with a strong decoction of dried figs, to which may be added a little almond soap. Sometimes there is a necessity for removing the incrustations by more stimulating means, as much depends upon a perfect exposure of the surface. This being obtained, inequalities appear, or rugged exulcerations, which ought to be healed as soon as possible, and all acrid and irritating applications discontinued. Linen cloths, large enough to cover the entire surface of the fore, moistened with the detergent lotion, No. 3. of the warmth of milk newly drawn from the teat is to be applied, constantly wetting them as they become dry, and only removing them at night when this direction cannot be so diligently attended to, and in their stead  
 covering



covering the parts with a soft piece of linen thinly spread with the defficative ointment, No. 4, and if a few calomel purgatives be judiciously exhibited by some skilful person, and an attention is paid to regimen or whatever concerns the restoration and preservation of the child's health, the disorder will yield in a short time.

Among a considerable number of sick and distressed poor, who are annually relieved by the PAUPER CHARITY in this city, were several children who had this disorder to a violent degree; and in many instances have been entirely cured by the treatment just mentioned; others proved exceedingly obstinate and when brought to a healing state broke out afresh. Having heard of the success of the *Middle-Hill water*\* in some scrophulous affections, I was induced to make a trial of it, not only as an internal but external remedy. The first subject was a girl about nine years old, who

\* This medicinal spring was accidentally discovered in 1783, in sinking a well for the purpose of finding water for the supply of a house which the proprietor was building. It rises on a very pleasant eminence which commands an extensive and agreeable prospect, and is well sheltered by surrounding hills. Its proximity to Bath, as well as the conveniencies and improvements made there, render it in every respect convenient, either as a place of residence or occasional resort.

*See a brief Account of the Qualities of this Mineral Water lately published by Dr. Falconer. Price 3d.*



who had large irregular scabs all over her head, attended with a very ichorous discharge, her complexion was pale and wan, she complained of pains in her head and limbs, cold shiverings and nausea, especially after eating any thing, and had very restless nights. That I might not be deceived respecting this new medicine, nothing more than a gentle emetic was given in order to cleanse her stomach; after which she began to drink from half to a pint of the water daily, which proved gently laxative. The incrustations being removed by the means above-mentioned, cloths dipped in the mineral fluid were laid over the sores, and this was repeated as they became dry. At the end of a week the sores assumed a favourable appearance, her health was much improved, and in six weeks she was perfectly cured. The second was a boy, aged 11 years who had several scrophulous ulcers about his head, principally in his neck which discharged a viscid matter, the glands in the same part were considerably enlarged. After a course of medicines to little advantage, he began the use of the water, washing the sores with it, afterwards dressing them with the cerate before mentioned, and anointing the indurated glands with camphorated oil. In two months the sores were quite healed, the hard swellings reduced, and the patient discharged perfectly cured. Other cases might

might be mentioned wherein the efficacy of this powerful deobstruent has been proved, and future experience will no doubt enhance its reputation in this, and many other complaints particularly those of a scrophulous nature.

Infants are obnoxious to other cutaneous diseases besides those before specified, and sometimes such as are attended with fever, owing either to an obstruction of perspiration proceeding from a humid and cold state of the atmosphere, to some disorder in their mother's milk occasioned by imprudence either with respect to the quantity or quality of what they themselves eat or drink, the giving their new born babes too early some other food than that of the breast, or such as is often rendered heating and indigestible by improper ingredients. When children are thus affected, they are generally amongst the poor, and this is very rarely the case with those of persons in genteel life, because of the great care and attention which is paid to their diet and regimen.

That efflorescence on the skin called the *red-gum*, and the *infantile jaundice*, also deserve notice. The former bears some resemblance to the measles and appears either in the form of distinct spots,

spots, or a collection of many in patches. It requires no medical assistance,\* and when it has been supposed to be dangerous, the idea has arisen from its connection with some other complaint which more properly deserved that epithet.

The latter is occasioned by an absorption of bile obstructed in its passage to the intestines, and tho' it generally disappears gradually in the course of a few days, yet sometimes requires from its being considerable and continuing longer than usual, a little medicine to carry it off. Whey or thin gruel sweetened with honey, or solutive syrup of roses may be given, or if any thing more powerful be necessary to facilitate the discharge of that secretion into its proper channels, a few grains of rhubarb and magnesia, manna, castor oil, &c. are proper for this intention. The nurse whenever she undresses the child, her hand being lubricated with a little oil, ought gently to rub the region of the stomach and belly. This exercise, if properly conducted, will prove particularly serviceable, by quickening the circulation in those parts and promoting their secretions.

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\* Nurses observing the red gum to disappear and occasionally return, suppose it requires some cordial medicine to throw it out, and therefore give a little saffron, which of itself is no ways injurious, unless more heating things are joined with it.

The practice of giving glutinous and oily substances, or forcing into children food, as soon as they are born, cannot be enough exploded and is one of those errors which still too much prevail, whereby their tender organs are injured, their several functions deranged, the circulating fluids heated and thrown into irregular commotions and in consequence of those early and morbid impressions, the foundation is laid for obstructions, irritations in the bowels and convulsions, and from this source it may be truly said, that, “*thousands from yet untasted life retire*”

The advocates for this custom contend that the child's crying is a proof of the powerful pleadings of nature for such supplies as they suppose she stands in need of, and that to wait till the mother's breast may be ready to answer this end would discover a want of compassion if not of humanity. This opinion is founded on a very superficial and imperfect knowledge of the infant constitution and the changes which take place therein upon its entrance into the world. By attending to the manner in which nature, that unerring guide, accomplishes her own intentions, it will appear that she stands in no need of such officious assistance from either medical or culinary means, that the child will in a proper and most convenient time have its most natural provision,



provision, and that the complaint, so common among nurses,\* that children will not take to the breast at first, often proceeds from their appetites being cloyed by artificial and compound aliment.

The interval between the birth of the infant and the proper time for its application to the breast (see page 210) may be called a preparatory one, during which, nature is fitting the several parts for the performance of their future and respective offices; in which important process she ought not by any means to be disturbed through an impatience, or apprehension of any injury, which the child might sustain from so short a delay.† Its lax and tender frame requires a few hours of tranquillity

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\* There is great room to fear, says Dr. Cadogan, that those nurses, who retain many traditional prejudices, are capitally mistaken in their management of children in general, and fancying that nature has left a great deal to their skill and contrivance, often do much harm, where they intend to do good.

† From the inaptitude of food to the purposes of digestion and nutrition, and from its being contrary to the design and order of nature, at this juncture, is it not more consistent and rational, is it not, in general, more advantageous in practice, to delay giving it food until nature requires it on one part, and provides it on the other? and even, if we had it in our power to hasten the operations of nature, might not the effects of such premature exertion be as unfavourable, or more so, than those of a short procrastination?

*Moss, on the Management and Nursing of Children, p. 58.*



and compofure, which amply fupply the place of food and become as indifpenfably neceffary for it, as for her who has borne it. Nothing appears more directly pointed out by nature than fleep, which promotes a gentle perfpiration, a temperate diftribution and free circulation of the juices to the organs of involuntary motion, the heart, lungs, and alfo thofe of nutrition.

It is therefore wifely ordered “ that the infant’s call, and the mother’s ability to fupply it, fhould keep pace with each other.”

There will therefore feldom be any neceffity for giving any medicine, unlefs when the child has been deprived of the breaft and confequently of the natural purgative it could have, and which would have relieved its bowels of their vifcid contents in an eafier and more effectual manner than any artificial preparation. But when the expulfive powers are languid, a gentle ftimulus may be proper, with this neceffary precaution, that no medicine fhould be given, until the perfection of thofe parts be well afcertained, whole office it is to difcharge the matter to be carried off; otherwife in the attempt to remove obftructions, the mechanical caufe thereof may be overlooked, a neglect which has in fome instances proved fatal.

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The imperfection alluded to is a local one, the passage for the stools is sometimes occluded by an expansion of skin over it, and every time the infant cries, there appears evidently a protrusion or temporary swelling, at the part where the opening should be, to the person who is entrusted with the care of the child, and is that kind of imperforation, which it is scarce possible not to see and attend to. Another case sometimes occurs, which is an impediment to the discharge of stools higher in the passage, and which a midwife or nurse seldom or ever has the least idea of, when under their direction though medicines of the laxative kind are given, yet the symptoms of obstruction continue, and the child is permitted to die. In the first case the necessity of calling in a surgeon must be obvious; in the second, though his assistance be equally needful, it is generally unattended to, from there being no supposition of its existence. It will therefore be adviseable, when an infant has no discharge of the meconium or first stools soon after its birth, but is very uneasy, to examine the parts attentively, and not to rest satisfied, if no imperfection appears externally, but to have in idea, the possibility of an obstruction beyond the verge of the anus. If after giving a laxative medicine, the pain increases without any evacuation produced thereby, and when a clyster is attempted to be given, and will not pass, in this case, without im-

mediate help from the chirurgical art, the child will soon be lost.

From what has been said respecting food and medicine, it may be inferred that the former is unnecessary, nay, highly prejudicial, and the latter needless, unless there is an indolence in the parts destined for the purposes of excretion, which may render it otherwise.

Whether or no the child is to be suckled, it ought not to be deprived of the enjoyment of a few hours rest, together with or apart from its mother, by any absurd and injurious practices. If the operations of nature are suffered to go on unmolested, both mother and child will reap the advantages of them, the one will awake refreshed, the other hungry. If it be determined that the child shall have the breast, it may then be applied; if not, care ought to be taken, that the artificial preparation, which is to be substituted for the natural one, may approach as near it in quality as possible; at the same time it ought to be remembered, that those children, who are kept solely to the breast, are liable to fewer diseases than others who are dry nursed; and the reason is plain, the natural provision being better adapted to their tender organs than that which is prepared by art, and if the natural be used, nothing more is required

quired with respect to the child who takes it, than an attention to warmth, cleanliness and freedom in dress, and with regard to the mother who gives it, than an observance of some easy rules of conduct, a temperate mode of living and a constitution free from disease, that she may supply her little charge with sweet and mellow draughts from her own vital current.

This provision is wisely ordered by the creator of mankind to constitute their primary aliment, and satisfy their earliest demands. He hath prepared for the infant race:————

“ No food but milk alone, and if it flows  
In plenteous rills, abundant is the store.”

It supplies meat and drink at the same time, is perfectly grateful to the stomach, approaching nearer to the nature of chyle, than any other animal secretion whatever, partaking of a sedative and digestible part called whey, a laxative and nutritious part termed sugar, and an oily or butyraceous one, that checks in some degree the acid fermentation, which in the stomach and bowels of infants is apt to become too predominant and occasion disease. Qualities so admirably blended as to counteract each other, are best fitted for that

organ whose nervous sensibility is very considerable at this early period of existence. In proportion as food varies from these qualities it becomes improper, hence it is, that panada or pap is so ill suited to the purposes of nutrition in very young children, as it is found to be, in consequence of the debility of their stomach which is incapable of digesting so glutinous, heavy and viscid a substance; and no greater proof of its unwholesomeness need be assigned than the great number of those infants, who, it is well known, can bear no other food than that of breast milk for the first and second month, and if any other is forced upon them, the consequences have been alarming and sometimes fatal. None but the most ignorant managers would proportion the degree of nourishment contained in any food to its consistence and solidity, and yet how little is this circumstance attended to! The composition is bread, water, sugar, milk, &c. the first is a vegetable production which has undergone a preparation by art, which is not only heavy, but very apt to ferment in the stomach, and therefore improper for new-born infants, whose digestive powers are weak. Sugar by vitiating the taste, clogging the stomach and from its disposition to turn acid is highly objectionable, and milk alone or with bread is too gross and indigestible. What then is the most proper food for those  
who



are dry-nursed? \*Authors of respectable authority recommend such at first as comes nearest to the milk of the breast, such as that of asses, goats and cows. The last being easily obtained is advised, and should be procured as fresh as possible, but being thicker than breast milk and containing more of the coagulable part or curd may be thinned by mixing with it warm water that has been boiled, in the proportion of two parts to one of milk, and there will be no occasion for adding either bread or sugar. "This food," says Mofs,† "is very nourishing and agreeable to the stomach and bowels, as appears by its seldom producing, or being accompanied with any of the disagreeable symptoms of griping, &c. &c. which the food, prepared with bread and sugar so commonly produces." Upon this children may be fed for the first month, and it may be occasionally changed for thin light broths made of the flesh of full grown animals, whose juices are more elaborate or perfected than that of younger ones;—this change will tend to correct acidities which a constant use of milk is apt to occasion. In

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\* For infants, who have the blessing of a mother's breast, there is no need to give any directions how they should be fed; for before they are two or three months old, they should not be fed at all. *Mantell.*

† See that part of his excellent essay, which treats of the feeding of new-born children. p. 56.

the second month the stomach will be stronger and better able to receive aliment of a thicker consistence; by degrees therefore a little of the mealy or farinaceous substances may be added to the above, such as well baked and moderately stale bread, biscuit, rice, semolina, tapioca, &c. changing them as they may be found to disagree, or any complaint comes on, which requires one sort of food in preference to another.

The quantity to be taken at once should ever be an object of great attention, for the cause of uneasiness in such infants oftener proceeds from a fulness and distention of the stomach, than from their having too little aliment. The pernicious custom of laying children down to sleep as soon as they have been suckled or fed, before the flatus or wind generated in the stomach is expelled, has been very deservedly reprobated. Dr. Cadogan condemns the laying them upon their backs to be fed and advises, "that they be held in a sitting posture, that swallowing may be easier to them, and that it may be the sooner known, when they have had enough." The same writer, speaking of feeding them at night, attributes their bloatedness to this cause, which is productive of the greatest injury to the constitution.

After

After a child has been fed, it ought to be kept in arms\* for a short time and gently exercised by the nurse, instead of being immediately committed to the noisy cradle, where its position is not only unfavourable for expelling flatulence, but the stomach, &c. act irregularly and produce those spasmodic affections called the hiccup and vomiting. If over fed, it never rests well, the digestion goes on improperly, the distention of the stomach weakens its action, the food is retained so long, as to become acid, and allows much of the elastic air arising from it to be expanded, which occasions great pain, and from the pressure of that distended part against the lungs, &c. quick, interrupted breathing and moaning. The danger from over-feeding is greater than from a liberal supply of breast

\* Agreeably to the opinion of Mr. T. White, by filling the child's stomach, and then lulling it to sleep alternately, it grows immoderately fat, and is what some mothers and nurses are pleased to call a very fine large child; inasmuch that at the end of nine or ten months, when it would otherwise endeavour to walk, and use a little exercise, it is totally incapable. For though the bones are proportionably enlarged, yet like the flesh they seem to have a degree of softness, and bend under the load they have to support, as is evident from the curvatures that frequently take place in the legs of those very fat, heavy children; and when they lose their flesh by disease, the enlargement of the curvatures of the bones becomes more apparent; and it has been usual to consider these deformities as a distinct disease commonly denominated *ricketts*: but there is good reason to believe that this generally proceeds from the improper means before described and the practice of tight rolling of children.

breast milk, which from its lightness is more readily discharged than farinaceous aliment, by a very easy action of the stomach called poffeting, this is seldom observed in those who are brought up by hand and in whom the discharge is so painful and laborious as often to require the aid of medicine.

The necessity therefore of giving infants a moderate and seasonable supply of simple food and that of a good quality will appear very obvious, when the irritability of their constitution, the tenderness of the first period of life and the delicacy of their digestive organs are considered. It must likewise be as evident, that nothing foreign, stimulating or heating should enter its composition, \*no luxurious aromatics, no sweet or luscious ingredients should be used, which severally tend to occasion present disorder or future disease.

From inattention to these apparently trivial, though very important points, most of the complaints

\* To justify the pernicious indulgence of giving young children a mixture of such things in their food as are hurtful to them, and their tender organs, some affirm that it is necessary, to accustom them early to every kind of food; a notion equally absurd as dangerous, in its consequences.

*See Tiffot's Medical Directions concerning Children.*

plaints of children originate, and are not to be so frequently imputed, as they have been, to the weakness and delicacy of their frame at the birth, or to any morbid disposition derived from their parents; for, a very few instances excepted, nature brings them into the world with a sound and healthy stamina, and where there is an hereditary complaint, it seldom appears in infancy, or even in childhood.† The early and often painful affections they labour under must therefore spring from some more immediate causes, and none so probable as those which have been just mentioned under the consideration of food,\* which when improper in its kind, given them soon after they are born, and continued even to the critical period of dentition, carries off great numbers. If accurate accounts,

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† It is seldom that young children are troubled with family complaints: indeed when we find them affected with scrophulous, venereal, or highly scorbutic complaints, we may reasonably conclude the taint to have been transmitted to them; but these cases are very rare in comparison of the many others that are falsely, and without the least foundation imputed to parents, when the real cause is either in the complainants themselves, or *bad nursing* that has fixed them early in wrong habits.

*Dr. Cadogan.*

\* The seeds of most infantile disorders may be deduced from a superabundant acidity, generated from errors either in the nature of their food, or from the quantity of it, and the mode of feeding, combined with other accidents of cold and *nurses*, that they are exposed to.

*Dr. Wilson.*



\*were kept of the disorders of those children who are dry-nursed, and die under four months, throughout the kingdom, it would very probably appear that two thirds, or even three fourths of them sink under such as have arisen from a disagreement of their food with the stomach and bowels. And if the same were done with respect to those who lose their lives within the week from the birth, it would probably be as evident that the same proportion are carried off by the same complaints, though intended to be wet-nursed, from being improperly fed before they get the breast, or are suckled with the mothers milk, when she labours under any disease, or is influenced by any cause that can make the milk disagree with her infant.

That painful affection called *gripping*, in consequence of the above cause, is generally known by sudden fits of crying, hiccup, vomiting, twisting of the body, paleness, quivering of the lips, and eructation of wind. This last for the present relieves the little patient and though at first there may be no alteration in the colour and consistence of the intestinal discharges, yet from being small in quantity they become more copious and watery. The treatment in this case is almost too simple to be mentioned and consists in nothing more than in changing the food for that which may reasonably be expected

to

to agree better, and being cautious not to add to the load which seems already to be oppressive. Nature will, if not interrupted, carry off the complaint by removing the cause ; if she is much encumbered, her efforts should be assisted by an antimonial emetic, which if prudently administered, will seldom fail in the first instance of giving speedy relief. A suitable one for this intention is given, No. 5. If it proceeds from wind alone, which children at the breast are not exempted from, the symptoms are sooner relieved than those which are occasioned by acidity or fulness ; the mother may correct in some degree the quality of her milk by chewing occasionally a few of the carminative seeds, such as carraway, fennel, anise, &c. by drinking peppermint water, and having a particular regard to her diet, &c. If the pain continues and the infant struggles, as if labouring to recover breath, if its rest be interrupted, and its stomach frequently convulsed by hiccup, the antispasmodic mixture, may be given as directed, No. 6. Cordials of an aromatic or spirituous kind, though they expel flatulence, yet excite heat and fever and, besides, a disagreeable necessity arises of repeating them too often.

Costiveness, a frequent concomitant, may be relieved by small doses of rhubarb and magnesia, and  
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when attended with pain, by the laxative solution, No. 7. Tender children, who are very subject to this complaint, should be defended as much as possible from cold, never be taken out of bed too suddenly, nor their clothes immediately opened to remove what must be taken away, though nothing of this kind should so long remain as to deprive them of the comfort and benefit of being kept regularly warm and dry.

If from want of due attention to sustenance, such as may be agreeable to the digestive powers of an infant, it have severe gripings, offensive breath,\* and stools green, or slimy; if its belly feel hard and hot, its tongue appear white and covered with a soft incrustation called the thrush, and it frequently draws up its knees to its belly, with almost incessant cries, &c. a predominant acid or fulness from wind is the cause. The irritation is to be assuaged as soon as possible by relaxants, and those medicines which correct acidities, and are gently purgative, whereby these may be expelled, and

\* The first tendency to disease may be observed in a child's breath. It is not enough that the breath be not offensive; it should be sweet and fragrant like a nosegay of fresh flowers, or a pail of new milk from a young cow that feeds upon the sweetest grass of the spring; and this as well at first waking in the morning, as all day long.

*Dr. Cadogan.*

and afterwards such an alteration should be made in the diet as may strengthen the stomach. If the pain be violent, and the child seem to be affected with spasms, it should be placed in a vessel of warm water above the navel, and if it have a purging, a pap spoonful of the carminative mixture, No. 8, may be given, to an infant a month old, twice or three times a day; if costive, a clyster should be administered, just before it is put into the bath, composed of a little gruel, a small quantity of brown sugar, or syrup of buckthorn, and a dram of the fetid tincture, which will often procure immediate ease. As soon as it is taken out of the bath, it should be wrapped in warm flannels, well dried and put into a bed properly aired, where it will generally fall asleep. When it awakes, the food, which is given, should be of the lightest kind, such as thin gruel, weak broth, and, if the infant be much weakened by the purging, sago, sallow, tapioca, and white wine whey, asses milk, or veal and chicken tea, and continued whilst either of those sorts of nourishment appears to agree. In this and every other complaint, if any alarming symptoms are discovered, medical assistance should be called in without delay. Much mischief has been done by cordial waters in disorders of the bowels, and many fatal errors committed by those, who possess an imperfect knowledge of the different and sometimes opposite nature of those exhibi-

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tions of the disease which is vulgarly distinguished by the common name of *colic*. Many have a notion that wind is the source of all the uneasiness which children suffer in their bowels, and therefore prescribe what they themselves have in various cases found to be beneficial, not considering the cause of the complaint which affects the tender patient. Hence some advertised medicines, and particularly one well known to the nurses, and possessing very powerful sedative properties, has lulled many helpless infants to a state of stupor, from whence they have never awoke.

Such heating opiates,\* though they often procure a truce with pain, or, like the pernicious and delusive dram, occasion a temporary exhilaration, do not in this case remove the cause; they neither correct the acidity in the stomach, expel the undigested aliment, nor remove flatulencies; but this they certainly do, they weaken the stomach, suspend

\* One of the most general causes of scrophula or *king's-evil* in children, arises from improper treatment in their infancy. Every one who has made but the least observation upon the mode of nursing children in this county, must allow it to be very exceptionable; from the birth, they are either at the breast, or being fed, are lulled to sleep in the arms of the nurse, or placed in that destructive machine the cradle, which among the poorer sort of people, is more generally practised; and not content with this, to enforce those methods, they have often recourse to OPIATES.

*T. White, on the Scrophula, p. 24.*



pend its action (so that the food is detained, and becomes more acid) destroy nervous influence, accelerate the motion of the blood, and after their operation is over, induce relaxation, debility, and a speedy return of pain, often increased with redoubled violence. No doubt, when anodynes are administered by the Faculty to children, in combination with such medicines as render them more safe and efficacious than they otherwise would be, they generally produce the most happy effects, whereas, in the hands of ignorant persons, who think that to prescribe a medicine requires as little skill and sagacity as to give it, many destructive and fatal errors have been committed. The abuse of cordials and anodyne medicines happens chiefly in the management of those children who are put out to nurse. Happy will it be for them, if their parents, as often as no impossibility forbids, superintend this important business; and if their infants shall have any disorders, and there be a necessity of medicines, let such be given as are perfectly safe, or if they are apprehensive of the misapplication of remedies, and the danger of delay, it will be a greater proof of their good sense, and the affection they have for their children to employ the judicious and regular practitioner, than to ask the

advice of the *illiterate and confident pretender to medical knowledge.*

A frequent, troublesome and painful affection, which generally comes on about the third or fourth week from the birth of the child, is the *thrush*, or as it is commonly called in these parts, the white mouth. It principally affects the tongue, and inside of the mouth and lips, but sometimes extends further, and is generally accompanied with a disordered state of the bowels\* and fever. It is for the most part brought on by an improper and heating regimen, for few of those are ever affected with it, who are properly dieted, kept cool and clean.† It is attended with many bad symptoms, and often endangers the child's life, yet there are some people who are of opinion that, if children have it not when young,‡ it will prove fatal at a more advanced age; neither are others satisfied, unless the child has, what they term, a thorough-thrush,

\* Children in this disease have acid stools; vomitings and flatulent eructations, with great pains in their bowels.

*F. D. Sylvius.*

† Rosenleir.

‡ I have heard, says *Mantell*, expressions of uneasiness, from tender parents, because the thrush had not yet appeared in their child. The idea that infants must have it, and the notion that they cannot have it but once, is the poor, erroneous reason for wishing such a disorder to commence.

thrush, or until the distemper has proceeded downwards through the whole track of the intestines. This disease must indeed be shamefully neglected before it can be in this dangerous state ; and from the irritation excited, if timely assistance be not called in, it generally carries off the sufferer, and therefore cannot be too early attended to, and being frequently the consequence of heat and improper food, the regulation of these particulars will have a great share in the removal of it. The bowels should be kept open and every thing of an acrimonious nature carried off by cooling and absorbent medicines. See No. 9. Topical applications have been very serviceable, such as either the expressed juice of roasted turnips, mulberries, bramble berries, raspberries, barberries, jubebs, black currants, houseleek, &c. sweetened with honey or sugar-candy, or figs boiled in barley water, and acidulated with spirits of vitriol, astringent lotions with borax, alum, white vitriol, myrrh, &c.\* The best detergents I have found are those given No. 10, and 11, and with either of which the parts may be lightly touched three or four times a day, or oftener, with a piece of soft sponge or linen. The

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common

\* When the nipples of the nurse are sore, which is sometimes the case, they may be washed with the lotion page 228, or anointed with the liniment, No. 12, which need not be removed previous to the child's sucking, since it is not only harmless, but may prove serviceable also to the infant.

common practice of rubbing the tongue violently with a view to clear it of the sloughs, is not only painful, but answers no good purpose; on the contrary it increases the complaint by irritating and heating the part, whence the crusts are increased and adhere more firmly than before, and require a longer time to separate, which they will generally do much more effectually by a more lenient mode of proceeding. The acid and watery purgings in this complaint may be relieved by clysters of barley water with a little magnesia and diascordium, or the antispasmodic mixture, No. 6, and externally, by anointing the belly with volatile camphorated oil, and applying a mithridate plaster with a few drops of oil of cajeput. When there are feverish symptoms, the prudent use of antimonials have been found useful, and their operation may be greatly assisted by a cautious use of the syrup of white poppies, called *diacodium*.

An imprudent exposure to cold, not only subjects tender infants to many complaints of the bowels, but spasmodic affections, coughs and difficulty of breathing. Such disorders are frequent in the cold and uncomfortable habitations of many of the poor, where the bare necessities of life are often wanting, and who, being destitute of the means of cleanliness, know not the comforts resulting therefrom.



therefrom. Coughs and asthmas should be attended to at their very commencement, the child should be kept regularly warm and gently exercised ; if it appears sick and frequently turns pale or is seized with shivering, a gentle emetic may be given to dislodge and bring up the tenacious phlegm which it has not of itself power or knowledge to expel. When the face appears florid, the eyes red, and the child is drowsy and frequently starts, a leech may be applied to its feet, or a blister between the shoulders, and feverish heat abated by cooling antimonial medicines, especially those of the laxative kind, particularly that No. 7. Eruptive and epidemic disorders, such as the small pox, measles, &c. &c. sometimes appear early in infancy, but these require a very judicious mode of treatment, which if considered at large in this place would carry me far beyond the limits at first proposed. But before I dismiss this subject, it may be proper to offer a few remarks on the treatment necessary to be observed at the approach of, and during the time of TEETHING, since infants are exposed to great danger at this critical period, prior to which a preparation seems to be as necessary as for the small pox.



About the fifth or sixth month, sometimes later, according to the constitution and other circumstances, the symptoms of *dentition* come on, the child from having been healthy, cheerful and thriving, becomes uneasy, has frequent fits of crying, its usual alacrity abates or goes entirely off, the muscles lose their firmness, the face sometimes appears flushed, the skin feels hot, especially the inside of the mouth and lips; there is likewise a propensity in the child to carry every thing to these parts, or it solicits the finger of the mother or nurse to rub its gums. An increased secretion of the saliva\* is generally visible, and when any hard substance is applied to the gums, it often occasions an immediate fit of crying, the nipple is taken with greediness and sometimes from the tenderness of its mouth let go with disgust, or if it falls asleep soon after, its slumber is short and interrupted, it moans and appears distressed, the jaws move one against the other, the eyes look red, and the arterial branches in the temples pulsate strongly; it ejects the milk soon after sucking and is eager for the breast again. As the irritation becomes more general, pains in the bowels ensue, with curdled, green and watery stools, quick breathing, cough, coldness in the extremities, and at length, delirium, &c.

These

\* This is considered by authors as a favourable symptom, and costiveness, fever, vomiting, &c. as unfavourable ones.

These several complaints are principally owing to the teeth rising up in the gums, and distending a nervous, sensible and vascular\* membrane which covers and envelopes them, to which, in the irritable and tender frame of an infant, every dangerous circumstance during dentition may be ascribed, and to which it is liable, until one or more teeth have made their way through this membrane, or the tooth is liberated by a seasonable and judicious incision.

If attention is paid to the first and early symptoms and such means used as may obviate extraordinary heat and fever, teething will be rendered less hazardous, than if no such precautions were attended to.

From what has been observed before relative to food, it must evidently appear that the lighter and more simple it is, the better, and this may be varied according to the exigency of the case.† The bowels ought always to be kept in an open state, as nothing tends to increase childrens complaints of every kind, especially such as are inflammatory,

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\* *Vascular*, full of blood vessels.

† If the infant be wet nursed, its mother or nurse should live lower than usual, and occasionally take a little cooling physic.

so much as costiveness. To mitigate pain\* and uneasiness is of great importance during teething, and ought to be a principal object from its commencement. Whatever can obviate this salutary intention should be avoided, and as the stomach is in a very irritable state during these symptoms, clysters of warm gruel, &c. will be more advantageous in removing costiveness, than any medicine given by the mouth, which is generally thrown off the stomach without affecting the bowels.

The promoting perspiration has a considerable influence in alleviating painful dentition, by causing a determination of the blood from the affected and internal to the exterior parts of the body, and it has another good effect as a relaxant, it diminishes the reaction or constriction of the distended vessels and prevents convulsions; for this purpose, the warm bath is recommended, and care should be taken not only that the degree of its heat be very moderate but likewise to prevent exposure to cold afterwards.

\* Among many bad practices, there is one which cannot be sufficiently censured, and that is, rubbing the tender gums with lump sugar, a thimble, coral, &c. This often produces ulceration, increases fever, the part becomes thickened by the inflammation thereby excited and the thrusting forwards of the tooth is also considerably protracted. A piece of fresh liquorice or orris root, may with propriety be used, because those substances yield to the pressure of the affected gum.

afterwards. When the countenance is florid, the eyes red, and other signs of fulness appear, the application of leeches either to the temples or ancles, ought to precede the use of warm bathing, and be occasionally repeated, if necessary. Those means often prevent spasms, but should these come on, an opiate may be given, such as a tea spoonful of diacodium, with two or three drops of antimonial wine, which is often more beneficial than any other anodyne; it may be repeated according to the exigence of the case. Opiate clysters are likewise adviseable, and to correct any acidity in the bowels,\* the testaceous injection, p. 308, will be proper.

To remove the cough and difficulty of breathing in the more advanced stages of the disease, a small blister† may be applied between the shoulders, and kept in an open state for some little time, and  
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\* When a looseness comes on at any time during teething, and the stools retain their natural appearance, it may be considered as critical, and ought by no means to be hastily restrained.

† When a blister is to be applied, it should be observed, that it remain no longer on the part than may be sufficient to vesicate the skin, which in a child is sooner inflamed, &c. than in an adult. To prevent the fine powder of the flies adhering to the skin, which may occasion strangury, ulceration, &c. a piece of muslin should be laid over the part intended to be blistered, and the child be frequently supplied with the barley-water, or other mucilaginous drinks.



the most agreeable pectorals be given. I have seen good effects from DAWSON'S balsamic lozenges dissolved in barley water, in cases, where the first passages were almost divested of their defensive mucus by the constant exertions of coughing and the acrimonious discharge, and likewise from the pectoral mixture, No. 13.

Great benefit has likewise been derived from a warm anodyne plaster\* with camphor applied to the pit of the stomach. The mouth should be examined from time to time, to observe the progress which the teeth make through the gums; if they are near, the alarming symptoms usually subside, the gum appears shining, prominent, and broader, "its extreme edge full and distended as if blistered." The infant may be relieved from much unnecessary pain by an operation called lancing, or cutting the gum, which though in itself simple and when properly performed has rescued many children from a state of misery, is notwithstanding disapproved by the inexperienced, from an idea that it must give great pain. Many cases might be mentioned where violent and alarming symptoms have been removed by the operation, and children have taken to the breast immediately after it, which they had not done for some time before, so that they soon recovered, when in all probability, had not  
nature

\* See Colborne's Dispensatory, p. 236.



nature been assisted by this means, she must have sunk under the struggle. To abate heat and thirst, nothing is so proper as thin barley water with liquorice root boiled in it, and the addition of a few drops of dulcified spirit of nitre.\*

When the teeth instead of rising in pairs,† advance either more in number at a time, or quickly succeed each other, and the little patient seems much exhausted, all that can be done in this case is to adhere faithfully to every direction that may be given by the regular practitioner, to avoid every thing that may increase irritation and pain, to support strength by a prudent regimen, and lastly, to see that the operation before mentioned be not neglected

\* Mofs.

† For the most part, says Dr. Hamilton, they appear first in the lower jaw, and come out nearly by pairs; but all this is uncertain. Sixteen milk teeth are, however, generally completed before the 18th and 20th month of a child's age, viz. four incisors or cutters in each jaw, two eye teeth in each jaw; and some time after two small grinders in each jaw. Nearly towards the end of the second year, the remaining four small grinders shoot out successively; so that a child two years old is commonly furnished with ten teeth in each jaw, called *milk-teeth*, because they must yield to, and be thrust out by ten successors, placed in either jaw immediately under, which appear in the sixth or seventh year, when four great molares or grinders also shoot out, one at either extremity of both jaws. The third set are furnished from the 10th to the 13th or 14th year; when four more great grinders make their appearance; and after puberty, towards the 20th year, the last four short grinders, called the *wisdom teeth*, appear; making in all sixteen teeth in each jaw.

neglected when the symptoms are alarming and the teeth are sufficiently protruded, to justify the necessity of it.

To conclude, this little but well-meant composition, if regard be paid to what has been offered to public notice, if PREVENTATIVE METHODS be more attended to, than *curative means*, nothing will contribute so much as this to the furtherance of improvement in the management of children, the foundation will be laid for a vigorous and healthy constitution, and tender infants will happily experience in a great measure

Freedom from pain, protection from DISEASE  
And STAMINA well-knit to undergo  
Each future change of ever-varying life,  
Each toil, each danger, nay perhaps a BASE  
On which hereafter may be firmly rear'd  
Each virtue, social, public, warm, refin'd  
Each *intellectual*, MORAL EXCELLENCE.

Downman.

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# P R E S C R I P T I O N S

REFERRED TO IN THE

## A P P E N D I X.

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### No. 1. *Vitriolic Solution.*

**D**ISSOLVE three grains of white vitriol in two table spoonfuls of rose water, and add thirty drops of tincture of opium.

### No. 2. *Saturnine Ointment.*

Take of flowers of zinc well levigated, one scruple, calomiel ten grains, saturnine ointment three drams. Mix.

### No. 3. *Detergent Lotion;*

To a pint of spring water add forty drops of Goulard's extract of lead, one ounce and half of honey of roses, and half an ounce of tincture of myrrh.

### No. 4. *Defficative Ointment.*

Mix one dram and half of finely powdered myrrh, fifteen or twenty grains of red precipitate well levigated with two ounces of the honey, or epulotic cerate.

No. 5.

No. 5. *Antimonial Emetic.*

Dissolve two grains of emetic tartar, in two ounces, [or four table spoonfuls] of warm water or weak cinnamon tea. A tea spoonful of this may be given to a child in the month, and repeated every half hour until it operates, to a child from two to three months old, two tea spoonfuls for a dose, and so on. If the child is costive, the following may be preferable.

No. 6. *Antispasmodic Mixture.*

Take half a dram of calcin'd magnesia, or the prepared powder of crab's eyes, fifteen grains of fine Turkey rhubarb, ten drops of the essence of peppermint, a dram of the dulcified spirit of vitriol, one ounce of diacodium, and three ounces of spring water. A tea spoonful may be given every three hours until the child is easy.

No. 7. *Laxative Solution.*

Dissolve half an ounce of manna in two ounces and half of spring water, and add one grain of tartar emetic, and ten of the powder of jalap. A tea-spoonful to be given once or oftener in the day, until the desired effect is obtained.

No. 8. *Carminative Mixture.*

Take of juniper berries and carraway seeds of each one dram. After bruising them, add four ounces of boiling water. Let them simmer over a very gentle heat for about ten minutes, when cold, strain off the liquor and add of prepared crab's-eyes or magnesia one dram, volatile aromatic spirit two drams, honey sufficient to make it palatable. A pap spoonful may be given, when the child is very restless and seems troubled with wind.

No. 9. *Cooling Testaceous Mixture.*

Take of prepared powder of crab's claws, compound powder of gumi tragacanth, of each half a dram, syrup of rhubarb half an ounce, dulcified spirit of nitre one dram, water three table spoonfuls. A tea-spoonful may be given two or three times a day.

No. 10. *Detergent Balsam.*

Take of borax reduced to a fine powder one scruple, white vitriol ten grains, honey of roses, tincture of myrrh and rose water of each half an ounce.

No. 11. *Another.*

Take of decoction of bark two ounces, weak spirit of vitriol twenty drops, honey of roses one ounce.

No. 12. *Liniment for Sore Nipples.*

Take of crab's-eyes prepared, one dram, honey of roses half an ounce, spermaceti reduced to a fine powder one dram.

No. 13. *Pectoral Mixture.*

To two ounces of the spermaceti emulsion add one ounce of diacodium, and thirty drops of aromatic volatile spirit. A tea-spoonful may be taken when the cough is troublesome, after cleansing the stomach by the antimonial emetic, No. 5.





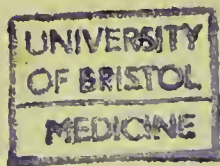
# E R R A T A

Page 3, line 5, for *of* read *for*.

- 31,      Note, *Essay of*, read *on*.
  - 34,      Ditto, for *cost*, read *costs*.
  - 40,      22, for *spymptoms*, read *symptoms*.
  - 62,      1, *ferious*, read *serious*.
  - 101,     4, of *those*, read *in those*.
  - 108,     Note, for *continne*, read *continue*.
  - 138,     17, for *syrop* read *syrup*.
  - 140,     Note, for *efflorences*, read *efflorescences*.
  - 158,     10, for *slumbers*, read *slumbers*.
  - 181,     23, for *dimunition*, read *diminution*.
  - 208,     8, for *susceptible* read *sensible*.
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Upon a review of the subject of Childbed Fever, it appears, that an observation has been omitted, referred to in the 19th Section, and which ought to have been inserted, page 205, after the words, *thereby intended*.

If the patient cannot bear even gentle friction, a thin piece of flannel moistened with the liniments, or an embrocation consisting of equal parts of the volatile one, No. 1, page 204, and laudanum, may be laid over the whole region of the abdomen, and if the loins, chest, shoulders, &c. are affected with pain, the same application may with propriety be applied to them also. No painful sensation in any part whatever after lying-in, should be disregarded, but something ought to be done towards the removal thereof, and that without loss of time. The pleas which are commonly urged, when a reason is required to be given, for not using proper means, or calling medical assistance in time, argue great defect of judgment, and insensibility of the dangerous tendency of this complaint. When the first moments are suffered to elapse from a supposition that the case is not so bad, but that the natural powers of the constitution, may soon overcome the disorder, the patient is frequently exposed to great injury, and they who are consulted liable to become responsible for the unhappy consequences of delay.







128

